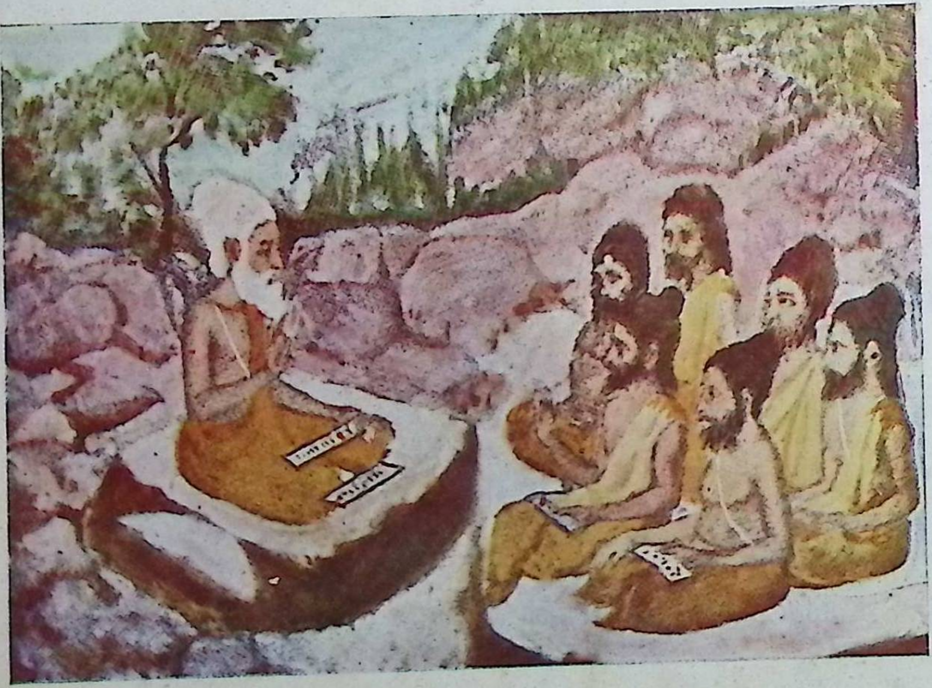
Treatise on Thirty Important ***Baidyanath*** AYURVEDIC PRODUCTS



Sri Dhanvantari teaching Ayurved to his six pupils including Sushruta

D. P. SHARMA

ABOUT THE AUTHOR

Dr. Durga Prasad Sharma is a well-known figure among the Asians for his leadership of present day Ayurvedic medicines and is no less prominent for his patronage to Budhistic and other cultural organisations. He believes that the science of Ayurveda cannot remain confined long to the frontiers of a few countries and must spread to many more countries as its popularity grows. That is why, to Dr. Sharma, the cause of Ayurveda is the mission of his life. With this mission he has been undertaking long tours abroad from time to time. He has been striving steadily to create a suitable atmosphere for setting up a world Ayurvedic organisation with a view to bringing Ayurvedic science on the map of the world. He knows no rest so far as the advancement of the cause of Ayurved is concerned.

Born and brought up in an atmosphere congenial to Ayurvedic temperament, Dr. Sharma after finishing his early education in his native village Kansli in the district of Jaipur (Rajasthan), graduated from Nikhil Bhartiya Ayurveda Vidyapeeth, Delhi, obtaining the degree of Ayurvedacharya with credit. After the sad demise of his illustrious father, Dr. Sharma took over the management of Shree Baidyanath Ayurved Bhawan Ltd., an organisation which is a foremost manufacturing firm of Ayurvedic medicines of quality in India and which has been carrying on yeoman's service to mankind and Ayurveda with missionary zeal now for well over half a century. At present, Dr. Sharma is the Joint Managing Director of this firm.

A great philanthrophist as he is, Dr. Sharma has endowed many cultural and educational institutions in India with his valuable patronage. His hospitality is open to all who come from foreign lands, passing through the State of Bihar—his home state. As a result of his spirit of dedication to the science of Ayurved he has been honoured by the Ayurvedic Scholars of the country and abroad. Various institutions of India and abroad have conferred on him the following honorary titles:—

1. Vaidyaratna–Jana swasthya Sangh, Delhi.
2. Pranacharya—Vidwat Vaidya Parisat, Delhi.

TREATISE
ON
THIRTY IMPORTANT
BAIDYANATH AYURVEDIC PRODUCTS

By

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Dedicated to the sacred memory of my father

Ayurved-Vibhuti Late Pt. Ramdayal Joshi,
Founder of Shree Baidyanath Ayurved Bhawan Ltd.
who created in me an urge to serve Ayurved.

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PREFACE

I am glad to bring forward this treatise on 30 Ayurvedic Drugs under the title "Treatise on thirty important Baidyanath Ayurvedic products" before the readers interested in the great Indian Science of healing (Ayurveda), which has served the suffering humanity for many centuries and is rendering service even today throughout India and many other countries of South East Asia. The Late Shri Jawaharlal Nehru, the then Prime Minister of India had rightly stated more than a decade back that "Learn all you can from Indian medicine and surgery".

A similar emphasis was laid by the Late Prime Minister Sri Lal Bahadur Shastri, a decade ago, when he said that, "our country should achieve self-sufficiency in drugs especially in view of the economic crisis and extremely critical foreign exchange position. It may not be out of place to mention that probably 70-80 percent of the drugs are imported in this country and India is one of the few countries where a major part of the drug used therapeutically are imported."

Since time immemorial, man has made use of plants in the treatment of disease. The pharmacopoeias of many countries of the world include even to-day a large number of drugs of plant origin. While it is true that purely synthetic compounds are being employed in increasing measure in clinical practice, interest in the examination of plants as a potential source of new drugs has never waned.

The task of revival of the old system of medicine is, however, not an easy one at the present time. Advancement of knowledge is so fast in every branch that an investigator is overwhelmed by the multiplication of new matter with which he is confronted. There has always been a temptation for adding what is recent, but unfortunately we seldom look back to the ancient books of medicine, where gems of remedies grew and stood many a century, but could not flourish for lack of scientific background and equipment. There comes a time, however, when we feel to go back to the ancient pages and leaves where secrets remained to be revealed and unfolded.

We are fortunately endowed with a very rich flora, because of the size of our country and varieties of climatic and soil conditions prevailing in different parts.

The science of phytotherapy is very ancient in India and she is one of the pioneers in this field. As with other civilisations so also with ancient India, new remedies were introduced in the art of healing as a result of conquests, travels and cultural contacts with contemporary civilisations. The history of medicinal plants dates back to Rigveda, perhaps the oldest repository of human knowledge, which was written about 4500-1600 B.C. Then there is the Ayurveda (about 2500 B.C.), which contains a more detailed account of many drugs. Following the eight divisions of Ayurveda, there are the comprehensive works of Charaka (1000 B.C.) and Sushruta (800 B.C.) which give a detailed description of the materia-medica as it was known to the ancients. The works of Aterya, Jivaka and Kashyap (about 600 B.C.), Vyadi, (about 500 B.C.), Patanjali (about 200 B.C.), Nagarjun (about 100 B.C.) and the Bower Script (about 300-400 A.D.) added to the knowledge of herbal medicine. The Mohammadan culture enriched the vegetable materia medica, which was more enlightened by coming in touch with Greece, Arabia and Persia.

A survey of Indian Flora invites the workers to be more curious and energetic in this field as only a few out of 20,000 botanical species which the country provides have been examined so far.

Utilization of the local resources and substitution of the indigenous products for the more expensive imported foreign drugs provide one of the ways to bring the treatment of human ailments within the reach of the masses.

During the last 2 decades, since the advancement of the science, considerable interest has been created among the Western scholars of Medicine for an inquisitive enquiry in to this great science of health and healing (Ayurveda) in quest of medicinal truth for rendering an accurate medical service to the suffering humanity. Besides, there has been a great demand for the revival of the practice of the ancient system of healing as expounded in Ayurvedic classics. It was therefore considered opportune to place a handy treatise on some important drugs in the hands of Western clinicians in a language intelligible to them.

Further-more, this book, in addition, will give a clear concept of Ayurvedic drugs to Indians who understand neither Sanskrit nor Hindi.

R. B. Arora

INTRODUCTION

"The *redactor* enlarges what is concise and abbreviates what is very prolix and, in this manner brings an ancient work up-to-date."

VISTĀRAYATI LÉSOKTAM SAMKSHIPATYATI
VISTARAM SAMSKARTĀ KURUTÉ GRANTHAM
PURĀNAM CHA PUNARNAVAM

Ch. S. Ch. 12

This Shloka gives adequate explanation of the propose underlying the effort of bringing out this new treatise on some important drugs in Dravya Guna Vijnana.

Ayurveda is practised not only in India, Sri Lanka and Nepal, but in a modified form, its practice is also prevalent in Pakistan, Bangladesh, Burma, Thailand, Indonesia, Malaysia, Tibet, China, Mongolia, Japan and some of the Arab and African countries. It is with a view to apprising people in these and also other countries, notably Western scholars and intellectuals, who are interested in finding an effective alternative to **ALLOPATHIC** drugs, that this book on 30 drugs has been prepared, as far as possible, in a **SIMPLE** non-technical language.

Ayurvedic Pharmacology has its own way of describing the properties and actions of Ahara and Aushadha Dravyas. It describes the action of a particular drug (herbal, mineral or animal) according to its Rasa, Guna, Vipaka, Veerya and Prabhava, the five inherent **Padarthas** of drug.

The story of the evolution of drugs from the raw leaves and roots, which primitive man solely relied upon, to the highly complicated and synthetic variety like the sulpha drugs and anti-biotics, makes fascinating reading and provides a key to the story of human evolution itself. After diet, drugs form the most valuable factors that have a redeeming feature and survival value for the human life. But for them, the human race might well have been wiped out by diseases such as malaria, cholera and plague and a host of other infectious and pestilential diseases. The story of drug is full of human interest and often rises to a dramatic and romantic pitch. The drama of drugs has characters drawn from every part of the globe, for almost every country has played its own part in the evolution of the science of medicine.

The discovery and application of each drug, the method of its storage and the various preparation through which it passes, the course of its hey-day of glory and decline and overshadowing by and substitution newer drugs-all this makes a very fascinating and illuminative reading. The story of drugs, constitutes an important chapter in the history of man.

It may well be stressed with adequate reason that the wealth of the materia medica of a nation is an unfailing indicator of the treasure of its civilisation. As is well known, a civilisation has three successive stages in its evolutionay process to pass through: the adoptive, the adaptive and the creative; and this process has worked similarly in the process, growth and development of the drug-science or pharmacopoeia of a country. Man is the only clever living being that knows how to adapt to the changing environments of time and space. The genious in him has given him the supreme position in the world and it has enabled him to make progress, utilising all the new achievements of science in the interest of himself and his race . Leaves, fruits, flowers and other plant parts, mineral and animal parts form, even today, the larger part of the world pharmacopoeia. The man adopts drugs as found in nature. This is adoptive stage. As life becomes more and more complicated and our urban civilisation is developed, the problem of preservation becomes acute. Man's genius rises to the occasion and mechanical devices are invented to extract and preserve the useful parts and ingredients of drugs, so that man is independent of the vagaries of nature and its changing seasons and the drug is made available all the time and in all seasons. The drug is adapted to suit the man's taste and environment. This is the adaptive stage. Then comes the stage when man attempts to throw off this thraldom to nature and begins to combine and divide the parts or constituents so that new chemical products are synthesised which are superior in effect to those found in the original state of nature. This indeed is the beginning of the scientific pharmacopoeia which has now culminated in the coming of the wonder drug sulpha variety, penicilin and other anti-biotics. This is the evolution of the science of drugs from the adaptive to the creative stage.

According to the flora and fauna and the climatic, social, cultural and religious conditions in each country, the materia medica of its people grows rich in the vegetable, mineral, animal and other types of drugs.

The following table shows the number of drugs known to each country in ancient times, with its Scholars of medicine as known to history.

Babylon, Assyria	300	Chinese	265
Egypt	700	Persian	584
Hypocrate	400	Avicenna	760
Theaphrastres	500	India	1,000

From time immemorial, the Himalayas are rightly regarded as the greatest treasure-house of all kinds of plants and trees, and having once found out that plants and herbs have a wonderful quality to cure diseases the spirit of enquiry was instituted which ransacked every nook and corner of this vast country.

The Vedic vocabulary is rich enough to distinguish the different varieties of the medicinal plants and to name the different parts of them that are used in medicine. For instance, the plants are divided into: (i) Prastranatih-those that spread out; (ii) Stambinth-bushy, (iii) Ekasungah-having only one calyx; (iv) Pratanvathi-creeper; (v) Amsumtih-having stalks, (vi) Kandinth-having Joints, (vii) Visakhah-having no branches, etc. They are further classified as Phalinih, Aphalah, Apuspah, Puspinih, Prasuvarih having many shoots etc. The different parts of a plant are mula, tula, kanda, valsa, puspa, phala, etc. Even tvak, vakula (innerbark), tusa (husk), niryasa (exudation) of trees are known. The distinction between virudh, osadhi, vanaspati and vrksa seem to be well marked. In fact the whole of the Osadhi Sukta gives in a nut-shell the history of the origin and purpose of the medicinal herbs. In the face of these facts it is difficult to understand how the thesis of the Vedic use of medicinal plants and herbs only for magic and incantations could be maintained.

It is not intended here to undertake a thorough research and study on Vedic Materia Medica though such a study is absolutely essential in the interest of the subject itself. It is proposed to show from the material already collected by scholars that there has been an unbroken tradition of medicinal drugs in Ayurveda from the Vedic to the classical times.

The Indian materia medica contains over 2000 drugs, the majority of which are of vegetable origin. During the time of Great Asoka, the Hindu Materia Medica contained about 700 vegetable drugs which were used by the Vaidyas. They were mostly cultivated in gardens all over the country, and the time of collection, the parts used, and methods of curing and preserving them were well known. Since the number of drugs commonly used in those days was not very large, no elaborate descriptions were given with regard to their identification. The student of medicine used to live with his Guru in the gurukulas and received practical training in correct identification and proper time of collection, etc.

In course of time more and more vegetable herbs growing in different parts of the country were gradually included in the indigenous materia medica but unfortunately the standard of purity and right identification did not keep pace with the expansion.

Ayurvedic medicines and drugs for the most part are non-toxic and can be used by patients and healthy individuals alike, both for cure and prevention of diseases. Not only the affected organ or the manifested symptom but the whole body of the individual is taken into consideration in ayurvedic treatment.

We will end the Introduction to this treatise with the following Sloka

Sarve bhavantu sukhinah sarve santu niramayah,
Sarve bhadrani pasyantu makascit dhkh-bhak bhavet.
Om Santih, Santih, Santih.

(Let every body be happy, let every body be free from disease, let every body meet with auspiciousness and let none suffer from miseries. Let there be peace every where).

R. R. Pathak

ACKNOWLEDGEMENT

In the compilation of this treatise a number of individual scientists have given useful material in the form of modern monographs on Ayurvedic drugs and have helped in the correction of Latin names, identification of photographs of Ayurvedic plants and herbs and tallied them with Ayurvedic description. The editor is grateful to all these investigators without whose help it would not have been possible to prepare this treatise.

For most illustrations, photographs of the medicinal plants, the editor is indebted to Agricultural Department, Patna, "Sachitra Ayurved" Patna, Central Council of research in Indian medicine, and specially to Authors of the "Phramacognosy of Indian roots and rhizone drugs", to "Indian medicinal plants" by Kritikar and Basu and to "Medicinal plants" by S.K. Jain.

Shri Shreekant Shastri, Shri R. K. Gupta and Shri Vinoy Kumar deserve special mention for their sincere coperation in bringing out this monograph.

CHAPTER I

BHASMA AND PISTI

Bhasmas are preparations in which Metals after purification are reduced to their oxide or sulphide form while Pisti is a preparation in which they are treated with rose water called Bhawanas and dried. Purification of Metal is one of the important feature and the quality very much depends on the purification of these Metals and the impure metal are sure to induce certain diseases or morbid symptoms.

Baidyanath ABHRAKA BHASMA

Active ingredient

Hindi	English
1. Abhraka Bhasma	Oxide of Mica

Pharmacological actions and therapeutic uses of the compound preparation as a whole

This preparation is used as an alterative, haematinic and tonic. It gives strength to the body, is indicated in old age debility and in respiratory diseases like chronic Asthma and Tuberculosis.

Dose:—125 to 250 mg. with juice of ginger and honey.

Action & Uses of the individual ingredient

1. *Abhraka Bhasma* (*Oxide of Mica*)

Mica is rock forming mineral. It is a silicate of aluminium together with alkalies and basic hydrogen, and it contains 4 to 6% water, which exists as basic hydrogen or as hydroxyl replacing fluorine.

Abhraka Bhasma is given in anaemia, jaundice, chronic diarrhoea and dysentery, gastric ulcer, nervous debility, chronic fever, enlarged spleen, urinary diseases, impotency and sexual debility, is used in dyspepsia to improve digestion. It is useful in asthma, hepatic fever and cachexia due to long continued discharges from fistula and abscesses. It is prescribed also in gonorrhoea and leucorrhoea.

It is said to stimulate metabolic activity in tissue cell generally, and is used as aphrodisiac and restorative. Generally, the action of the drug is better when given with honey and pippali. As an astringent it is mostly used in diarrhoea, of nervous origin. As an alterative its use is recommended in enlargement of gland.

Analytical Report

Organoleptic characters

Colour	Reddish brown
Smell	Faint
Touch	Smooth
Taste	Tasteless

Quantitative estimation

Iron as Fe_2O_3	20.90 per cent w/w
Calcium	3.75 per cent w/w
Sodium	1.66 per cent w/w
Potassium	5.16 per cent w/w
Acid insoluble	55.02 per cent w/w
Phosphate as PO_4	1.64 per cent w/w
Magnesium	7.90 per cent w/w
Aluminium as Al_2O_3	12,55 per cent w/w

Silica	36.00 per cent w/w
Ash value	99.61 per cent w/w
Acid insoluble ash	55.06 per cent w/w
Loss on drying at 110°	0.41 per cent w/w

Baidyanath PRAVALA PISTI

Active ingredient

	Hindi	English	Latin name
1.	Pravala Pisti	Pisti of Coral	Corallium rubrum

Pharmacological actions and therapeutic uses of the compound preparation as a whole

A drug used as an alterative and tonic of special value in respiratory diseases like pulmonary haemorrhage, cough, tuberculosis: and also indicated as an antacid. The drug produces beneficial effects in spermatorrhoea and scrofulous affections.

Dose:—125 to 750 mg. with honey and butter.

Action & Uses of the individual ingredient

1. *Pravala* (*Coral*):—

It contains organic matter 8%, carbonate of lime 83%, magnesium carbonate 3.5%, and oxide of iron 4.5%. The red colour of coral is due to its iron contents.

It is chiefly used in cough, phthisis, asthma, low fever, urinary diseases, spermatorrhoea, gleet, chronic gonorrhoea, carbuncle, scrofulus affections and as a nervine tonic in headache, giddiness and vertigo. It is also indicated as an antacid, astringent, laxative and diuretic; and for its action as "emetic, antiphalgmonous and antibilious" drug.

Analytical Report

Organoleptic characters

Colour	Pink
Smell	Faint
Touch	Fine
Taste	Tasteless

Quantitative estimation

Calcium as Ca	37.00 per cent w/w
Magnesium as Mg.	Traces
Sulphate	Traces
Loss on drying at 110°	0.8 per cent w/w
Ash Value	72.89 per cent w/w
Acid insoluble ash	1.48 per cent w/w

CHAPTER II

KUPIPAKWA RASAYAN

Kupipakwa Rasayan are preparations obtained from purified Murcury and Sulphur by a special process in fire proof bottles with valuka yantras. Different ways and processes are adopted according to the Ayurvedic texts.

Baidyanath MAKARADHVAJA

Active ingredients

	Hindi	English
1.	Suddha Parad	Mercury Purified
2.	Gandhak	Sulphur
3.	Swarna	Gold

Pharmacological actions and therapeutic uses of the compound preparation as a whole

The drug is an alterative, aphrodisiac, rejuvenator and nervine tonic, used in general and sexual debility. It is specially indicated in cardiac asthenia and is considered to be a remedy for longevity.

Dose:—125 mg. with honey.

Action & uses of Makaradhvaja

Chemically, Makaradhvaja is identical with the red sulphide of mercury. Although gold is used in the preparation of makaradhvaja properly speaking it is a preparation of mercury and sulphur, sublimed in the form of red sulphide of mercury. The gold may possibly exercise some catalytic influence during the preparation of sublimation.

Makaradhvaja is given for general sexual and nervous debility in convalescent patients after acute-illness, the brain fatigue from excessive mental work, habitual constipation, womb complaints after delivery and spermatorrhoea. It is used as an aphrodisiac. Makaradhvaja when used regularly as per the Ayurvedic system of medicine is a wonderful tonic and increases the longevity of the patient.

The drug is claimed as a sovereign remedy for failing circulation and cardiac asthenia. It relieves fermentative gaseous distention of the bowels and is an intestinal antiseptic.

Analytical Report

Organoleptic characters

Colour	Red to reddish brown
Smell	Odourless
Touch	Fine
Taste	Tasteless
Free sulphur	Nil

Quantitative estimation

Sulphur	13.0 per cent w/w
Mercury	80.2 per cent w/w
Test for gold	Negative

CHAPTER III

RASA RASAYANA

Rasa-Rasayana are preparations containing Mercury and Sulphur or as compound is called Kajjali, in some or other form.

Baidyanath ANANDABHAIRAVA RASA

Active ingredients

Each pill contains

Hindi	English	Botanical name	
1. Suddha Hingul	Cinnabar purified	Red sulphide of Mercury	13.87 mg.
2. Tankan Bhasma	Borex	—	13.87 mg.
3. Vatsnaba	—	Aconitum ferox	13.87 mg.
4. Jaiphal	Nutmeg	Myristica fragrans	13.87 mg.
5. Sonth	Ginger	Zingiber officinale	13.87 mg.
6. Kali-marich	Black pepper	Piper nigrum	27.74 mg.
7. Pipal	Long pepper	Piper longum	27.74 mg.

Pharmacological actions and therapeutic uses of the compound preparation as a whole

A drug indicated as a Diphoretic in various types of fever with diarrhoea especially in influenza, typhoid fever and as an anodyne and expectorant.

Dose:—One pill of 125 mg. with honey or ginger juice.

Action & uses of the individual ingredient

1. *Suddha Hingul* (*Cinnabar purified*)

Cinnabar is a tonic, alterative, purgative, indirect cholagogue, antiphlogistic, antiseptic and sialagogue. When taken into the system it combines with the acid and fluids of the body, it is easily absorbed by the skin, the mucous membranes, lungs, stomach and passes into the blood, as oxy-albuminate. In small doses it acts as a blood tonic and increases the number of red corpuscles.

2. *Tankana Bhasma* (*Borex*)

Diuretic, emmenagogue, astringent, antacid, local sedative and antiseseptic. In small doses it is given to children as a laxative. The drug enters in the composition of numerous formulae for dyspepsia, loss of appetite, indigestion, and diarrhoea. It is also used in cough and asthma.

3. *Vatsnaba* (*Aconite*)

In small doses roots are diaphoretic, antipyretic, diuretic, antiperiodic, anodyne and antiphlogistic. In large doses, however, they act as sedative, narcotic and poisonous. It is always used in Ayurvedic medicine after due purification.

4. *Jaiphal* (*Nutmeg*)

Nutmeg is aromatic, stimulant, aperient, carminative; and rubefacient. Nutmeg is a stimulating, digestive tonic and an aphrodisiac.

Nutmeg contains a volatile oil 2.8% a fixed oil, protids, fat, starch, mucilage and ash. The fixed oil which is called "butter of nutmeg" consists of myristic acid, and a portion of the essential oil. Essential oil contains myristicene and myristicol. Nutmeg is very useful with milk as a tonic for the heart and brain and in sexual debility, incontinence of urine and general debility and in choleraic diarrhoea, flatulance, colic and some forms of dyspepsia, obstruction of the liver and spleen.

5. *Sonth* (*Ginger*)

Ginger is aromatic, carminative, stimulant to the gastro-instestional tract and stomachic, also sialagogue and digestive. Externally, a local stimulant and rubefacient.

Indian ginger contains an aromatic volatile oil 1 to 5%, of light yellow colour having a characteristic odour and containing camphene, phellandrene, zingiberine, cineol and borneol; gingerol a yellow pungent body, an oleo-resin "gingerin" the active principle, other resins and starch; potassium-oxalate. The essential oil and resin, to which ginger owes its pungent flavour, occur just beneath the skin or epidermis.

Ginger is extremely valuable in dyspepsia, flatulence, colic, vomiting, spasmas and other painful affection of the stomach and the bowels.

6. *Kalimarich* (*Black pepper*)

Black pepper is acrid, pungent, hot, carminative and also used as antiperiodic-piperine, is a mild antipyretic and antiperiodic.

Kalimarich contains an alkaloid piperine or pipirine 5% to 9% piperidine or piperidin 5% a balsamic volatile essential oil 1 to 2%, fat 7% masocarp contains chavicin, a balsamic volatile oil, starch, ligning gum, fat 1% proteids 7% and ash containing organic matter 5%.

It is used in constipation, piles, colic, gastric troubles, ascites, worm infestations, dyspepsia and flatulance.

7. *Pipal* (*Long pepper*)

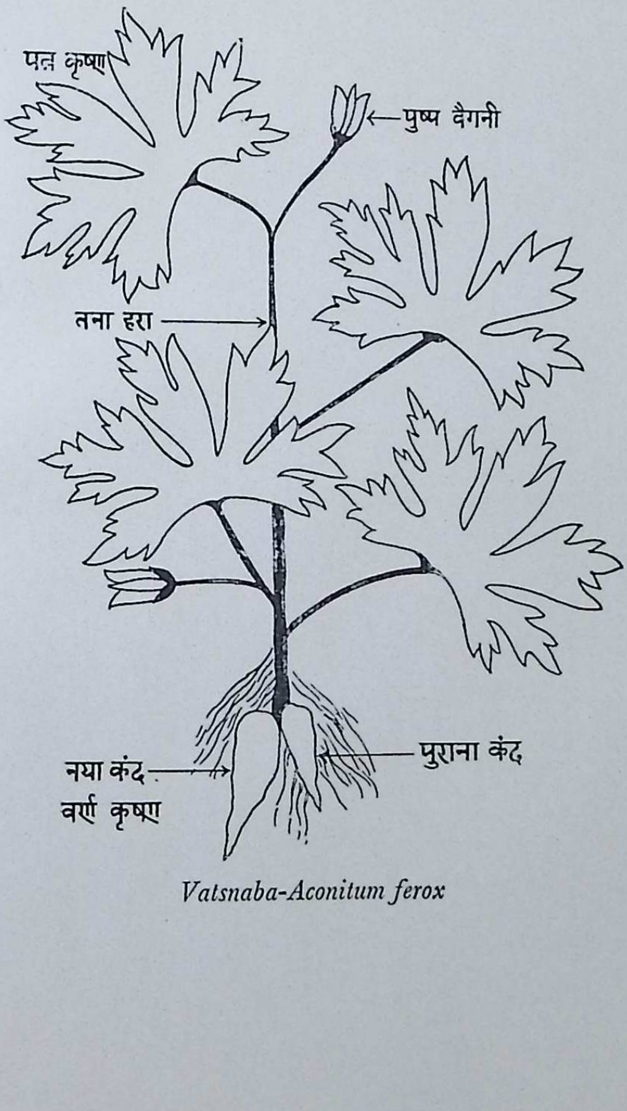
Stimulant, carminative and alterative tonic more powerful than black pepper; also aphrodisiac, diuretic, vermifuge and emmenagogue.

It contains resin, volatile oil, starch, gum, fatty oil, inorganic matter and alkaloid piperine 1 to 2%.

Analytical Report

Organoleptic characters

Colour	Reddish brown
Smell	Pleasant
Touch	Hard
Taste	Astringent


पत्र कृष्ण
पुष्प दैगनी
तना हरा
पुराना कंद
नया कंद
वर्ण कृष्ण

Vatsnaba-Aconitum ferox

Quantitative estimation

Free sulphur	Nil
Sulphur	1. 7 per cent w/w
Mercury	12. 2 per cent w/w
Iron as Fe_20_3	1.43 per cent w/w
Calcium	0.99 per cent w/w
Borax	1.10 per cent w/w
Potassium	1. 2 per cent w/w
Sulphate as $S0_4$	0.97 per cent
Phosphate as $P0_4$	0.98 per cent
Silica (Acid insoluble material	0.97 per cent w/w
Ash value	14. 2 per cent w/w
Acid insoluble ash	2. 0 per cent w/w
Volatile matter	16. 9 per cent w/w

Baidyanath BASANTA KUSUMAKAR RASA

Active ingredients

Each pill contains

Hindi	English	Latin name	
1. Pravala pisti	Pisti of Coral	Corallium rubrum	16.625 mg.
2. Makaradhvaja	Red Sulphide of Mercury	—	16.625 mg.
3. Moti Bhasma	Oxide of pearl	—	16.625 mg.
4. Abhraka Bhasma	Oxide of Mica	—	16.625 mg.
5. Rupya Bhasma	Oxide of silver	—	8.312 mg.
6. Swarna Bhasma	Oxide of Gold	—	8.312 mg.
7. Nag Bhasma	Lead oxide	—	12. 5 mg.
8. Lauh Bhasma	Iron oxide	—	12. 5 mg.
9. Banga Bhasma	Tin oxide	—	12. 5 mg.
10. Kasturi	Musk	—Moschus moschiferus	4. 12 mg.

Pharmacological actions and therapcutic uses of the compoud preparation as a whole

A drug indicated as alterative and tonic. Useful in various types of debilities like that of nervous system, Cardiovascular system, sexual debility and general weakness. Useful in respiratory diseases like asthma, tuberculosis and indicated in diabetes mellitus and diabetes insipidus.

Dose:—One pill of 125 mg. with honey.

Action and uses of the individual ingredient

1. *Pravala pisti* (*coral*)

It contains organic matter 8%, carbonate of lime 83%, magnesium carbonate 3.5% and oxide of iron 4.5%. The red colour of coral is due to its iron contents.

It is chiefly used in cough, phthisis, asthma, low fever, urinary diseases, spermatorrhoea, gleet and chronic gonorrhoea, carbuncle, scrofulus affections and as a nervine tonic in headache, giddiness and vertigo. It is also indicated as an antacid, astringent, laxative and diuretic; and for its action as "emetic, antiphlagmonous and antibilious" drug.

2. *Makaradhvaja* (*Red Sulphide of Mercury*)

Chemically, makaradhvaja is identical with the red sulphide of mercury. Although gold is used in the preparation of makaradhvaja, properly speaking it is a preparation of mercury and sulphur, sublimed in the form of red sulphide of mercury. The gold may possibly exercise some catalytic influence during the preparation of sublimation.

Makaradhvaja is given for general, sexual and nervous debility in convalescent patients after acute-illness, the brain fatigue from excessive mental work, habitual constipation, womb complaints after delivery and spermatorrhoea. It is used as an aphrodisiac. Makaradhvaja when used regularly as per the Ayurvedic system of medicine is a wonderful tonic and increases the longevity of the patient.

The drug is claimed as a sovereign remedy for failing circulation and cardiac asthenia. It relieves fermentative gaseous distention of the bowels and is an intestinal antiseptic.

3. *Moti Bhasma* (*Pearl oxide*)

Moti Bhasma is highly stimulant, tonic, aphrodisiac, laxative, sedative, emetic and nutritive. Pearl ash consists chiefly of carbonate and oxide of lime and acts as an antacid. The powder is used in heart-burn and bilious affection. Moti Bhasma is useful in cough, phthisis and asthma and is given twice a day with honey. It is also used as a cerebral tonic in nervous diseases like chronic headache, epilepsy and other convulsive attacks, in piles, spermatorrhoea and impotency. It is very useful in functional affections of the heart.

4. *Abhraka Bhasma* (*Oxide of Mica*)

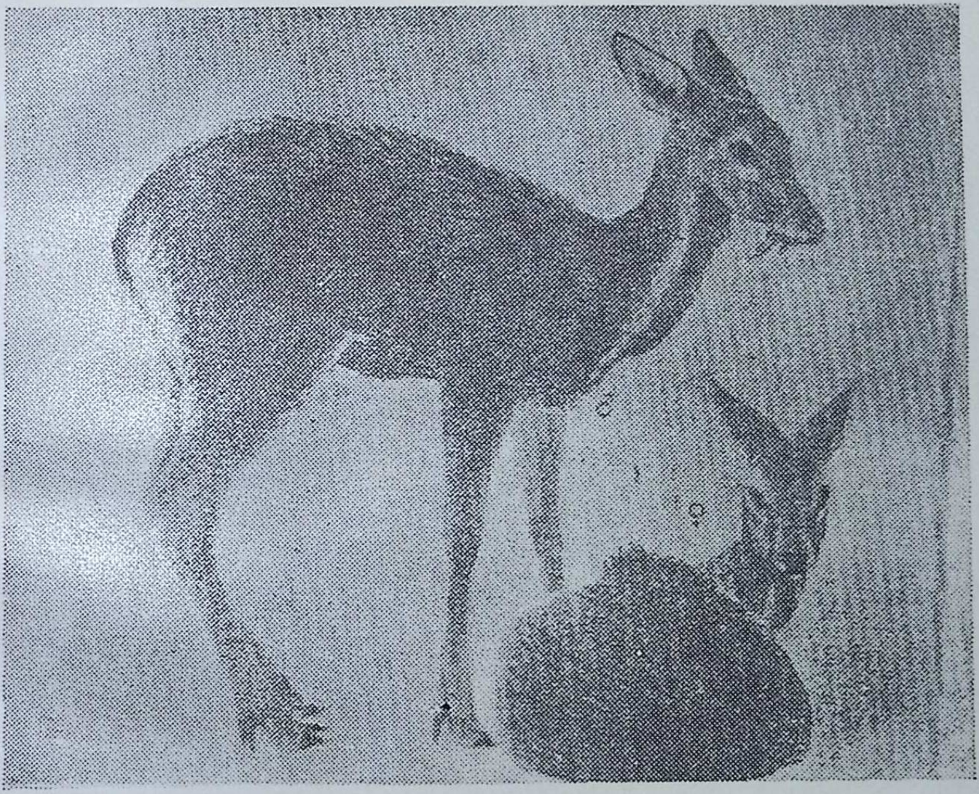
Mica is rock forming mineral. It is a silicate of aluminium together with alkalies and basic hydrogen, and it contains 4 to 6% water, which exists as basic hydrogen or as hydroxyl replacing fluorine.

Abhraka Bhasma is given in anaemia, jaundice, chronic diarrhoea, dysentery, gastric ulcer, nervous debility, chronic fever, enlarged spleen, urinary diseases, impotency and sexual debility. It is used in dyspepsia to improve digestion. It is useful in asthma, hepatic fever and cachexia due to long continued discharges from fistula and abscesses. It is prescribed also in gonorrhoea & leucorrhoea.

It is said to stimulate metabolic activity in tissue cell generally, and used as aphrodisiac and restorative. Generally the action of the drug is better when given with honey and pippali. As an astringent it is mostly used in diarrhoea, of nervous origin. As an alterative its use is recommended in enlargement of gland.

5. *Rupya Bhasma* (*Oxide of Silver*)

Oxide of silver is a tonic, stimulant, an aphrodisiac, demulcent, purgative and emetic. Silver oxide is given in combination with various aphrodisiac medicines for



Musk deer

By courtesy of CCRIMH

impotency and seminal weakness. They are highly recommended in excessive heat in the body, hectic fever, phthisis, chest affections, also in painful and irritable condition of the stomach, intestine, in heart burn and in chronic diarrhoea, in uterine diseases like leucorrhoea, menorrhogia, and in irritability of the uterus.

6. *Swarna Bhasma* (*Oxide of Gold*)

Gold and its preparations are nervine tonic and aphrodisiac, resolvant, emmenagogue and alterative. They increase strength and beauty, improve intellect and memory and are used in other nervous diseases, like hysteria epilepsy, insanity and nervous dyspepsia. They are claimed to clear the voice and increase sexual power, also stimulate the activity of stomach and the skin and kidney causing diaphoresis and diuresis. Gold oxide is indicated in fever, asthma, consumption, diseases of urinary organs and skin.

7. *Nag Bhasma* (*Oxide of Lead*)

Nag bhasma is astringent; diuretic and vermifuge.

It is useful in urinary diseases and in expelling worms; in chronic diarrhoea and chronic discharges like leucorrhoea, gonorrhoea, menorrhagia, exececssive suppuration, ulceration of the stomach, internal haemorrhage as haemoptysis. It is also used in cough with profuse night sweat employed with benefit in cardiac diseases like aneurysm of the arota, hypertrophy of the heart and in nervous diseases like epilepsy.

8. *Lauh Bhasma* (*Oxide of Iron*)

Iron oxide improves the quality of blood. It stimulates the functional activity of all the organs of the body and is therefore a valuable general tonic. Lauh Bhasma is powerful alterative, astringent, tonic and restorative. In gonorrhoea, it is given with Guggulu. As a haematinic prepared iron is used in many diseases, like anaemia and chlorosis. Iron is of great value in both simple and secondary anaemia, is also indicated in haemorrhagic diseases such as haemoptysis, haematuria and bleeding piles.

9. *Banga Bhasma* (*Tin oxide*)

It is chiefly used in diseases of the genito-urinary organ, Haemopoitic and Respiratory affections like asthma. In paralysis it is used with garlic juice. In general weakness it is recommended as a tonic and alterative. It improves health, and nourshes the whole body.

10. *Kasturi* (*Musk*)

Musk is the dried secretion from the preputial follicles of musk deer, Moschus moschiferus (Phylum chordata, class mammalia, Order:—Ungulate, Family-cervidae). Musk is secreted in these animals during the rutting season only as a natural measure to attract the female deer.

Musk is reputed as a cardiac and general stimulant and is used as the last resort when everything else has failed to support the active functioning of the heart. It improves the circulation and raises the arterial tension.

It is diffusible stimulant, anodyne, antispasmodic, expectorant, diphoretic, diuretic, laxative, antiseptic and aphrodisiac. It exhilerates the mind and stimulates the brain, spinal cord and the peripheral nerves. It is a stimulant of the urinogenital organs. It is also reputed to stimulate the respiratory centre. In indigenous medicines of India musk is used as a nerve sedative in epilepsy, hysteria and convulsion in children.

Baidyanath BASANTMALTI RASA

Active ingredients

Each pill contains

Hindi	English	Botanical name	
1. Swarna Bhasma	Gold oxide	—	6.52 mg.
2. Moti pisti	Pisti of Pearl	—	13.04 mg.
3. Hingul	Cinnabar	—	19.56 mg.
4. Yasad Bhasma	Zinc oxide	—	26.08 mg.
5. Kali-marich	Black pepper	Piper nigrum	51.16 mg.
6. Butter	Butter	—	7.25 mg.

Pharmacological actions and therapeutic uses of the compound preparation as a whole

The compound preparation is used as an alterative and tonic, indicated in general debility, phthisis, cough, fever and leucorrhoea.

Dose:—One pill of 125 mg. with honey.

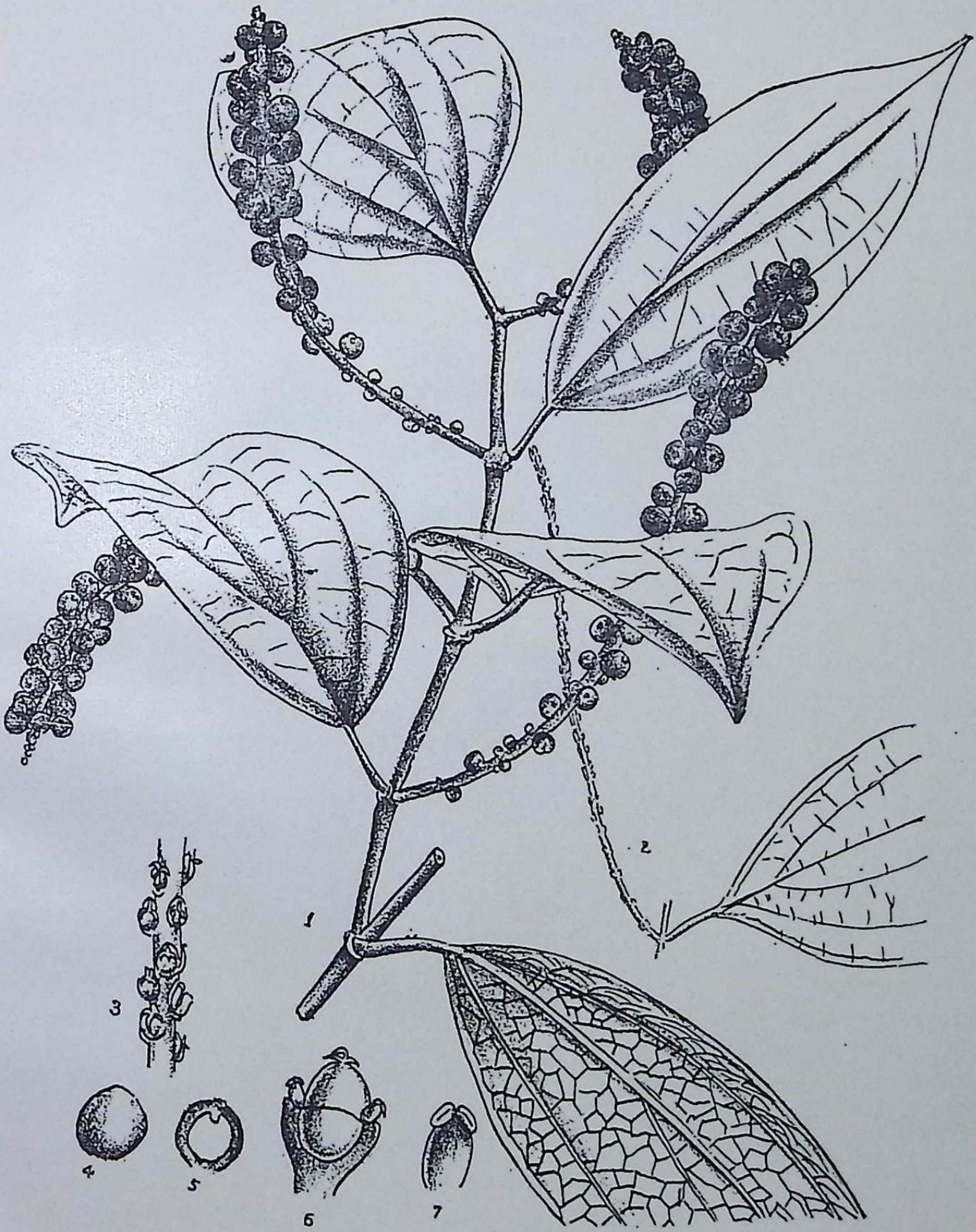
Action & uses of the individual ingredient

1. *Swarna Bhasma* (*Oxide of Gold*)

Gold and its preparations are nervine tonic and aphrodisiac resolvant, emmenagogue and alterative. They increase strength and beauty, improve intellect and memory and are used in other nervous diseases, like hysteria, epilepsy, insanity and nervous dyspepsia. They are claimed to clear voice and increase sexual power. Also they stimulate the activity of stomach and the skin and kidney causing diaphroesis and diureis, Gold oxide is indicated in fever, asthma, consumption, diseases of urinary organs and skin.

2. *Moti Pisti* (*Pearl*)

The drug is a general stimulant, tonic and aphrodisiac; further more it also acts as an antacid, is useful in cough, phthisis and asthma, It is given twice a day with honey. It is also used as cerebral tonic in nervous diseases like chronic headache, epilepsy and other convulsive attacks. It is usually given with sugar, honey and ghee in urinary diseases, impotency, gleet, diabetes, consumption and general debility.



Kalimarich–*Piper nigrum*

3. *Hingul* (*Cinnabar*)

Cinnabar is a tonic, alterative, purgative, indirect cholagogue, antiphlogistic, antiseptic and sialagogue. When taken into the system it combines with the acid and fluids of the body. It is easily absorbed by the skin, the mucous membranes, lungs and stomach and passes into the blood, as oxy-albuminate. In small doses it acts as a blood tonic and increases the number of red corpuscles:—

4. *Yasada Bhasma* (*Zinc oxide*)

Zinc oxide is useful in eye diseases, various forms of debility, urinary disorders, anaemia and asthma. It is also indicated in infantitle biliary cirrhosis.

5. *Kalimarich* (*Black pepper*)

Black pepper is acrid, pungent, hot, carminative also used as antiperiodic. Piperine is mild antipyretic and antiperiodic.

It contains a volatile alkaloid piperine or pipirine 5% to 9%, piperidine or piperidin 5%, a balsamic volatile essential oil 1 to 2%, fat 7% masocrap contains chavicin, a balsamic volatile oil, starch, lignin gum, fat 1%, proteids 7% and ash containing organic matter 5%.

It is used in constipation, piles, colic, gastric troubles, ascites, worm infestations, dyspepsia and flatulance.

Baidyanath MAHALAXMIVILAS RASA

Active ingredients

Each pill contains

Hindi	English	Botanical name	
1. Suddha Parad	Purified mercury	—	14.87 mg.
2. Abhraka Bhasma	Mica oxide	—	29.74 mg.
3. Bang Bhasma	Tin oxide	—	7.43 mg.
4. Rupya Bhasma	Silver oxide	—	3.71 mg.
5. Swarn makshik Bhasma		—	3.71 mg.
6. Tamra Bhasma	Copper oxide	—	1.85 mg.
7. Kapoor	Camphor	Cinnamomum camphora	14.85 mg.
8. Jaiphal	Nutmeg	Myristica fragrans	7.43 mg.
9. Javitri	Mace	Myristica fragrans	7.43 mg.
10. Suddha Gandhak	Sulphur purified	—	14.87 mg.
11. Biddhara Seeds	—	Impome biloba	7.43 mg.
12. Suddha Dhatura	Thornapple	Dhatura alba	7.43 mg.
13. Swarna Bhasma	Gold oxide	—	3.71 mg.

Pharmacological actions and therapeutic uses of the compound preparation as a whole

A tonic and alterative, used as haematinic in anaemia of various forms in dropsy and for general and sexual debility, also indicated in phthisis and coryza.

Dose:—One pill of 125 mg. with honey or ginger juice.

Action & uses of the individual ingredient

1. *Suddha Parad* (*Purified Mercury*)

Mercury enters in many Ayurvedic preparations. It is generally not used alone. When given in suitable combination it acts as a tonic, alterative, purgative, indirect cholagogue, antiseptic and sialagogue. It increases the number of red blood corpuscles in the blood, as such is useful in anaemia.

2. *Abhraka Bhasma* (*Oxide of Mica*)

Mica is rock forming mineral. It is a silicate of aluminium together with alkalies and basic hydrogen, and it contains 4 to 6% water, which exists as basic hydrogen or as hydroxyl replacing fluorine.

Abaraka Bhasma is given in anaemia, jaundice, chronic diarrhoea and dysentery, gastric ulcer, nervous debility, chronic fever, enlarged spleen, urinary diseases, impotency and sexual debility, is used in dyspepsia to improve digestion. It is useful in asthma, hypatic fever and cachesia due to long continued discharges from fistula and abscesses. It is prescribed also in gonorrhoea and leucorrhoea.

It is said to stimulate metabolic activity in tissue cell generally and used as aphrodisiac and restorative. Generally the action of the drug is better when given with honey and pippali. As an astringent it is mostly used in diarrhoea, of nervous origin. As an alterative its use is recommended in enlargement of gland.

3. *Banga Bhasma* (*Tin oxide*)

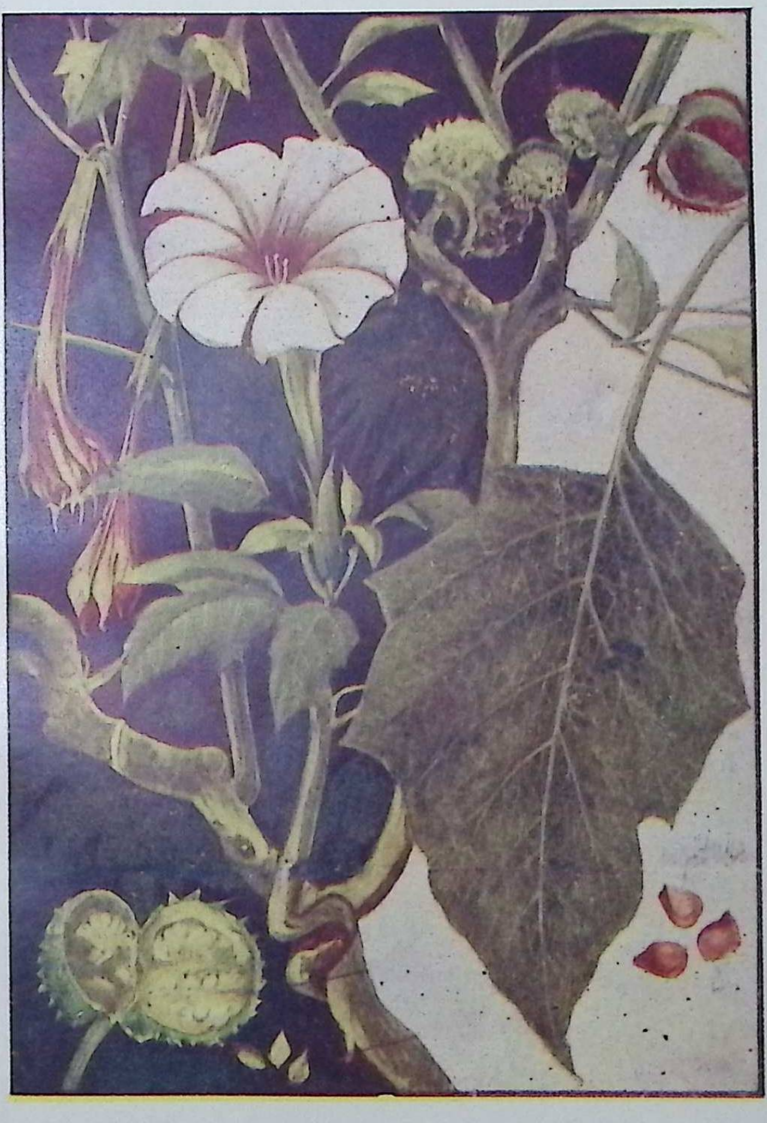
It is chiefly used in diseases of the genito-urinary organ, haemopoitic and and respiratory affections like asthma. In paralysis it is used with garlic juice., In general weakness it is recommended as a tonic and alterative. It improves health, and nourishes the whole body.

4. *Rupya Bhasma* (*Oxide of Silver*)

Oxide of silver is a tonic, stimulant, an aphrodisiac, demulcent, purgative and emetic, silver oxide is given in combination with various aphrodisiac medicines for impotency and seminal weakness. They are highly recommended in excessive heat in the body, hectic fever, phthisis and chest affections, and also in painful and irritable condition of the stomach and intestine, in heart burn and in chronic diarrhoea, in uterine diseases like leucorrhoea, menorrhogia, and in irritability of the uterus.

5. *Tamra Bhasma* (*Copper oxide*)

Astringent, sedative, antispasmodic, alterative, antiseptic, emetic and purgative.



Dhatura (*Dhatura alba*)

Copper enters into the composition of several medicines for ague like remittent and relapsing fever. It is also indicated in heart diseases. It is recommended for local application in piles, skin diseases, liver and spleen diseases.

6. *Kapoor* (*Camphor*)

Diaphoretic, when given internally it acts as a cardiac stimulant, antiseptic, antispasmodic, expectorant, sedative, aphrodisiac, carminative and externally as an anodyne and antiphlogistic.

Camphor is very useful in whooping cough, hiccup, spasmodic asthma, hysteria, epilepsy, melancholia, acute gout, rheumatism, myalgia and chronic bronchitis. It is stimulant in prostration.

7. *Jaiphal* (*Nutmeg*)

Nutmeg is aromatic, stimulant, carminative; rubefacient and aperient. Nutmeg contains a volatile oil 2.8%, a fixed oil, proteins, fat, starch, mucilage, and ash. The fixed oil which is called "butter of nutmeg" consists of myristin and myristic acid, and a portion of the essential oil. Essential oil contains myristicene and myristicol. Essential oil is administered in atonic diarrhoea and dysentery to relieve pain.

8. *Javitri* (*Mace*)

It is aromatic, stimulant, carminative, aphrodesiac and aperient. Mace contains a volatile oil 8 to 17%, a fixed oil, resin, fat, sugar, destrin and mucialge. Essential oil of Mace, is of a yellowish colour with the odour of Mace and consists of macene. It is useful in fever, consumptive complaints, asthma, and with aromatics in wasting and long continued bowel complaints.

9. *Suddha Gandhak* (*Purified Sulphur*)

Sulphur is of bitter and astringent taste with a peculiar strong smell. It acts as as a laxative, alterative, diuretic and insecticide. It is a stimulant to the secreting organs such as the skin and the bronchial mucous membranes. Sulphur is useful in cough, asthma, consumption and general debility; also in enlargement of the liver, spleen and chronic fever.

10. *Suddha Dhatura seeds* (*Thornapple*)

Seeds, leaves and roots are used in insanity, fever with catarrh and cerebral complications, diarrhoea and in skin diseases as antiseptic.

Leaves contain a poisonous alkaloid daturine, mucilage, albumin and ash 17%, seeds contain the active principle daturine, resin, mucilage, protids, malic acids, scopolamine and ash 3%, daturina an alkaloid identical with atropine combined with malic or daturic acid and consisting of alkaloid hypocyamine, atropine and hyocine. It is a tropate of tropine and occurs in light crystals. There are marked varieties in the alkaloidal content of D. stramonium grown in different localities. These vary from 0.4% to 0.6% to 0.65%. The mixed Indian seeds from D. fastuose gives a total alkaloid content of 0.23%, consisting chiefly of hyoscyamine and hyoscine in proportion of 2 to 1, together with a little Atropine. The seed of D. fastuosa contain 0.21%16% of hyoscine, 0.034% of hyoscyamine and traces of atropine.

11. *Swarna Bhasma* (*Gold oxide*)

Gold and its preparations are nervine tonic and aphrodisiac resolvant, emmenagogue and alterative. They increase strength and beauty, improve intellect and memory and are used in other nervous diseases; like hysteria, epilepsy, insanity and nervous dyspepsia. They are claimed to clear the voice and increase sexual power also stimulate the activity of stomach and the skin and kidney causing diaphoresis and diuresis. Gold oxide is indicated in fever, asthma, consumption, diseases of urinary organs and skin.

Analytical Report

Organoleptic characters

Colour	Brownish black
Smell	Faint
Touch	Smooth
Taste	Slightly bitter

Quantitative estimation

Free sulphur	19. 79 per cent w/w
Sulphur	1.542 per cent w/w
Mercury	10.998 per cent w/w
Iron as Fe_2O_3	9.013 per cent w/w
Aluminium as Al_2O_3	3.985 per cent w/w
Copper as CuO	2.008 per cent w/w
Calcium	3.001 per cent w/w
Gold as Au_2O	1.860 per cent w/w
Sulphate	3.892 per cent w/w
Phosphate	1.355 per cent w/w
Chloride	1.024 per cent w/w
Arsenic as As_2S_3	3.425 per cent w/w
Ash value	55.213 per cent w/w
Acid insoluble ash	20.983 per cent w/w
Volatile matter	9.290 per cent w/w

***Baidyanath* RAS PIPARI**

Active ingredients

Hindi	**English**	**Botanical name**	**Percent**
1. Suddha Parad	Purified Mercury	—	7.6% w/w
2. Suddha Gandhak	Purified Sulphur	—	7.6% w/w
3. Sonth	Ginger	Zingiber officinale	7.6% w/w
4. Kali-marich	Black pepper	Pipper nigrum	7.6% w/w
4. Pipal	Long pepper	Piper longum	7.6% w/w
6. Atis	Indian atees	Aconitum heterophyllum	7.6% w/w

SHREE Baidyanath AYURVED BHAWAN LIMITED
MANUFACTURERS & EXPORTERS OF AYURVEDIC PROPRIETARY & PATENT
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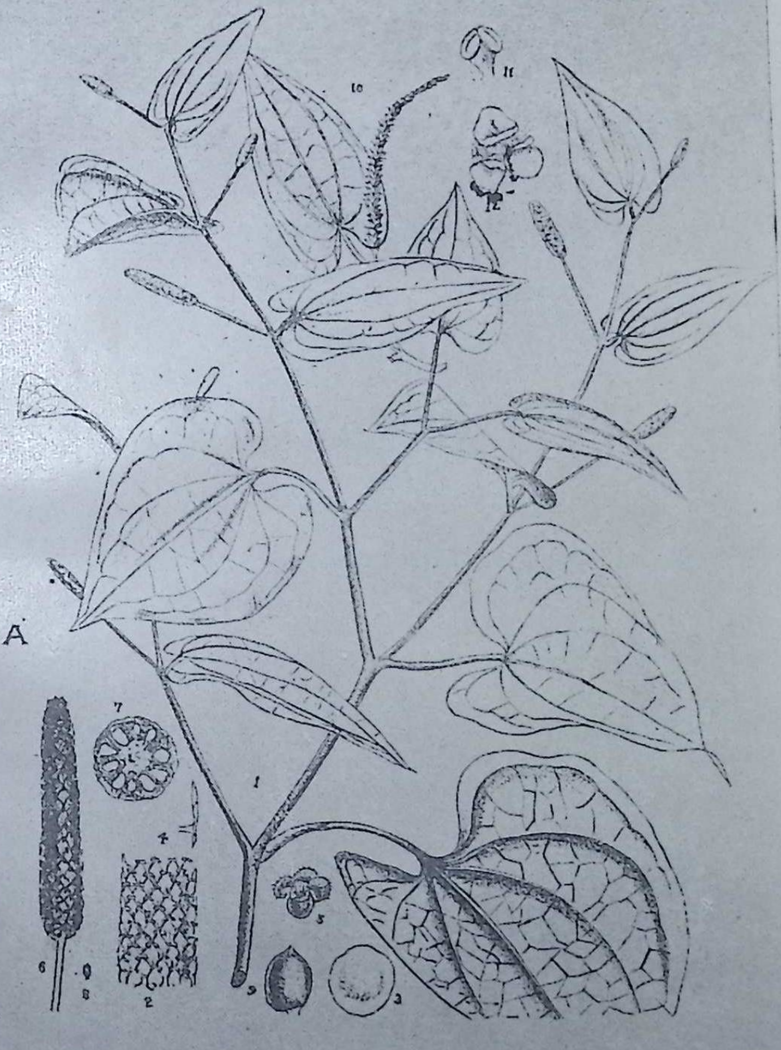


PIPER LONGUM, LINN [PIPPALI]

7. Kakdashringi	Galls	Rhus succedanea	7.6% w/w
8. Nagar-motha	—	Cyperus scariosus	7.6% w/w
9. Mochras	Gum of silk cotton tree	Bombax malabaricum	7.6% w/w
10. Jaiphal	Nutmeg	Myristica fragrans	7.6% w/w
11. Javitri	Mace	Myristica fragrans	7.6% w/w
12. Tankan	Borax		7.6% w/w
13. Kasturi	Musk	Moschus moschiferus	1.2% w/w
14. Choti pipal	—	Piper sylvaticm	7.6% w/w

Pharmacological actions and therapeutic uses of the compound preparation as a whole

A specific remedy for diseases of children like fever, cough, bronchopneumonia, ozena, vomiting and diarrhoea.

Dose:—65 to 125 mg. with honey or mother's milk.

Action & uses of the individual ingredient

1. *Suddha Parad and Suddha Gandhak* (*Mercury & Sulphur Purified*)

Mercury is used in many Ayurvedic preparations. It is generally not used alone. When given in suitable combination it acts as a tonic, alterative, purgative, indirect cholagogue, antiseptic and sialagogue. It increases the number of red blood corpuscles in the blood, as such is useful in anaemia.

2. *Sonth* (*Ginger*)

This is aromatic, carminative, stimulant and rubifacient. It is used in sore throat, pharyngitis and laryngitis.

Indian ginger contains an aromatic volatile oil 1 to 5%, containing camphene, phellandrene, zingiberine, cineol and borneol; gingerol a yellow pungent body; and and oleo-resin, "gingerin" the active principle, other resins and starch, potassium oxalate. The essential oil and resin to which ginger owes its pungent flavour occurs just beneath the skin or epidermis of the crude drug.

3. *Kalimarich* (*Black pepper*)

Black pepper is acrid, pungent, hot, carminative, also used as antiperiodic-piperine is a mild antipyretic and antiperiodic.

It contains a volatile alkaloid piperine or pipirine 5 to 9% piperidine or piperdin, 5% a balsamic volatile essential oil 1 to 2%, fat 7%, masocarp contains chavicin, a balsamic volatile oil, starch, lignin gum, fat 1%, proteids 7% and ash containing organic matter 5%.

It is used in constipation, piles, colic, gastric troubles, ascites, worm infestations, dyspepsia and flatulance.

4. *Pipal* (*Long pepper*)

Stimulant, carminative and alterative tonic more powerful than black pepper; also aphrodisiac, diuretic, vermifuge and emmenagogue.

It contains resin, volatile oil, starch, gum fatty oil, inorganic matter and alkaloid piperine 1 to 2%.

5. *Atis* (*Indian atees*)

Roots are bitter, tonic, astringent, stomachic, antiperiodic, and aphrodisiac, and are also indicated in diarrhoea, dyspepsia, dysentry and related gastrointestinal diseases and general debility. The alkaloid "atisine' is employed medicinally in India as an antiperiodic, aphrodisiac and tonic.

It contains non-crystalline intensely bitter alkaloid, atisine which is non-toxic; aconitic acid, tannic acid, pectus substance, abundant starch., fat, a mixture of oleic, palmitic, stearic glycerides, vegetable mucilage, cane sugar and ash 2%.

6. *Kakdashringi* (*Galls*)

Astringent, tonic, expectorant, and stimulant. Gall is also a cholagogue. It is used in respiratory diseases, like cough, phthisis, asthma. It is also indicated for improving the appetite and for irritability of stomach.

It contains essential oil 1.21%, crystalline hydrocarbon 3.4%, tannin substance 60.0% and gum mastic 5%. The essential oil is of a pale greenish yellow colour with a turpentine like odour and taste. The specific gravity of the oil is 0.885% at 150c. The crystalline principle obtained is insoluble in water, soluble in nearly all the organic solvents, is tasteless and has a sharp M.P. of 146°c. The tannins are of a yellowish crystalline appearance.

7. *Jaiphal* (*Nutmeg*)

Nutmeg is aromatic, stimulant, carminative; ruberfacient; and aperient.

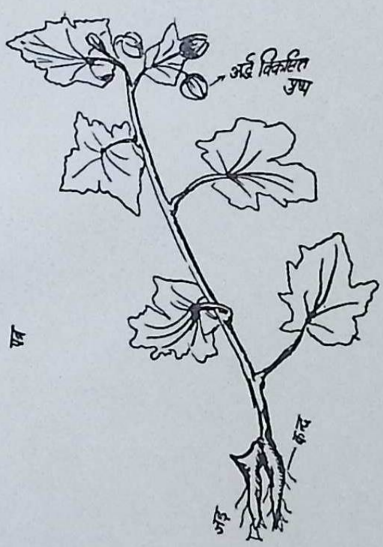
Nutmeg contains a volatile oil 2.8% a fixed oil, proteins, fat, starch, mucilage and ash. The fixed oil which is called "butter of nutmeg" consists of myristin and myristic acid, and a portion of the essential oil. Essential oil contains myristicene and myristicol. Essential oil is administered in atonic diarrhoea and dysentery to relieve pain.

8. *Javitri* (*Mace*)

It is a aromatic, stimulant, carminative aphrodesiac and aperient. Mace contains a volatile oil 8 to 17% a fixed oil, resin, fat sugar destrin and mucilage. Essential oil of Mace, is of a yellowish colour with the odour of Mace and consists of of macene. It is useful in fever, consumptive complaints, asthma, and with aromatics in wasting and long continued bowel complaints.

9. *Tankana* (*Borax*)

Diuretic, emmenagogue, astringent, antacid, local sedative and antiseptic. In small doses it is given to children. The drug enters in the composition of numerous formulae for dyspepsia, loss of appetite and in indigestion. It is also used in cough and asthma.


अर्द्ध विकसित पुष्प
पत्र
कन्द
जड़

Atis—Aconitum heterophyllum

10. *Kasturi* (*Musk*)

Musk is the dried secretion from the preputial follicles of musk deer, Moschus moschiferusc(Phylum-chordata, class-mammalia, Order:—Ungulate, Family-cervidae). Musk is secreted in these animals during the rutting season only as a natural measure to attract the female deer.

Musk is reputed as a cardiac and general stimulant and is used as the last resort when everything else has failed to support the active functioning of the heart. It improves the circulation and raises the arterial tension.

It is a diffusible stimulant, anodyne, antispasmodic, expectorant, diaphoretic, diuretic, laxative, antiseptic and aphrodisiac. It exhilerates the mind and stimulates the brain, spinal cord and the peripheral nerves. It is a stimulant of the urinogential organs. It is also reputed to stimulate the respiratory centre. In indigenous medicine of India musk is used as a nerve sedative in epilepsy, hysteria and convulsion in the children.

CHAPTER IV

VATI (PILLS)

Bati is small spherical bodies intended to be swallowed, consisting of one or more medicaments and made into masses by the addition of a suitable inert substance called excipient. They generally vary in weight from 125 mg. to 500 mg. and occasionally may be heaiver also when the medicines are dense. The consistency of the mass is kept such that they retain shape on keeping but they must not be so hard they fail to disintegrate after administration.

Baidyanath CHANDRAPRABHA VATI

Active ingredients

Each pill contains

	Hindi	**English**	**Botanical Name**	
1.	Kapoor kachari	—	Hedychium spicatum	2.622 mg.
2.	Buch	Sweet flag	Acorus calamus	2.622 "
3.	Chiraita	Chiretta	Swertia chirata	2.622 "
4.	Nagarmotha	Indian cyperus	Cyperus scariosus	2.622 "
5.	Giloe	—	Tinospora cordifolia	2.622 "
6.	Deodar	Pinus deodara	Cedrus deodara	2.622 "
7.	Daru-haldi	Berberry	Berberis aristata	2.622 "
8.	Haldi	Turmeric	Curcuma longum	2.622 "
9.	Atis	Indian atees	Aconitum heterophyllum	2.622 "
10.	Piplamool	Long pepper root	Piper longum root	2.622 "
11.	Chitrak mool	Rose colour lead wort	Plumbago zeylanica,	2.622 "
12.	Dhania	Coriander	Coriandrum sativum	2.622 "
13.	Chabya	—	Piper chaba	2.622 "
14.	Harre	Myrabolan	Terminalia chebula	2.622 "
15.	Bahera	Beleric myrobolan	Terminalia belerica	2.622 "
16.	Sonth	Ginger	Zingeber officinale	2.622 "
17.	Kali-marich	Black pepper	Piper nigrum	2.622 "
18.	Pipal	Long pepper	Piper longum	2.622 "
19.	Vividanga	—	Emblia ribes	2.622 "
20.	Sajji-kshar	—	Sodium carbonate	2.622 "
21.	Yavakshar	—	Potassium carbonate	2.622 "
22.	Sendha Lavan	Rock Salt	—	2.622 "
23.	Sanchar Lavan	—	—	2.622 "
24.	Kala-namak	Vid lavan	—	2.622 "
25.	Chhoti illachi	Cardamom	Elettariea cardamomum	2.622 "
26.	Kabab-chini	Tail pepper	Cubeba officinalis	2.622 "
27.	Goksharu	—	Tribulus terresters	2.622 "
28.	Baripipal (Gajpeepal)		Scindaprus officinalis	2.622 "
29.	Amla	Emblic	Embelica officinalis	2.622 "
30.	Safed sandal	White sandal wood	Santalum album	2.622 "
31.	Dalchini	Cinnamon	Cinnamomum cassia	10.488 "
32.	Nishotha	Indian Jalap	Ipomoea turpenthum	10.488 "
33.	Tejpat	Cassia cimamon	Cinnamomum tamala	10.488 "
34.	Bari illachi	Cardamom	Ammomum subulatum	10.488 "
35.	Banslochan	Bamboomanna	Bamboosa arundincia	10.488 "
36.	Dantimool	—	Baliospermum montanum	10.488 "
37.	Mishri	Sugar Candy	—	10.488 "
38.	Swarna-makshika Bhasma	—	—	2.622 "

39. Lauh Bhasma	Iron oxide	—	20.976	”
40. Sodhit Silajeet	Asphalt	—	83.904	”
41. Sodhit Guggulu	Gum gugul	Commiphora mukul	83.904	”

Pharmacological actions and therapeutic uses of the compound preparation as a whole

A drug which acts like a nutritive tonic, antacid, laxative, diaphoretic and useful as a diuretic, for albuminuria and renal calculi. It is also indicated in gonorrhoea, pruritis vulva, lumbago and chicken pox.

Dose:—One pill of 125 mg. with water.

Action & uses of the individual ingredient

1. *Kapoor kachri* (*Hedychium spicatum*)

Root is employed as stomachic, carminative, bitter, tonic and stimulant, useful in dyspepsia. It contains starch, cellulose, mucilage, albumen, saccharine matter, acid resin, fixed oil, essential methyl paracumarin acetate and an odorus body.

2. *Buch* (*Sweet flag*)

Root and rhizome are stimulant, emetic, nauseant, stomachic, aromatic, expectorant, carminative, antispasmodic and nervine sedative. In large doses the drug produces violent and persistent emesis.

It contains a volatile essential oil, acorin, a bitter principle acoretin (choline), calamine (useful in dysentery), starch, mucilage, a little of tannin. The dried rhizome yields 1.5% to 2.7% of a neutral yellow, aromatic, essential oil having an agreeable odour. The fresh aerial parts yield about 0.123% of the volatile oil, the unpeeled roots, however, give a much better yield from 1.5% to 3.5%. Acorin, a glucoside, is a honey like liquid very bitter and aromatic, soluble in alcohol, chloroform, ether, splitting into sugar and volatile oil. Acoretin is a resin like body yielding by reduction ethereal oil and sugar.

The active principle from the roots and rhizomes of Acorus calamus were isolated and identified as α Asarone (Asarone) and β Asarone is trans and is 2,4,5 trimethoxyl propenyl benzene respectively.

3. *Chiraita*

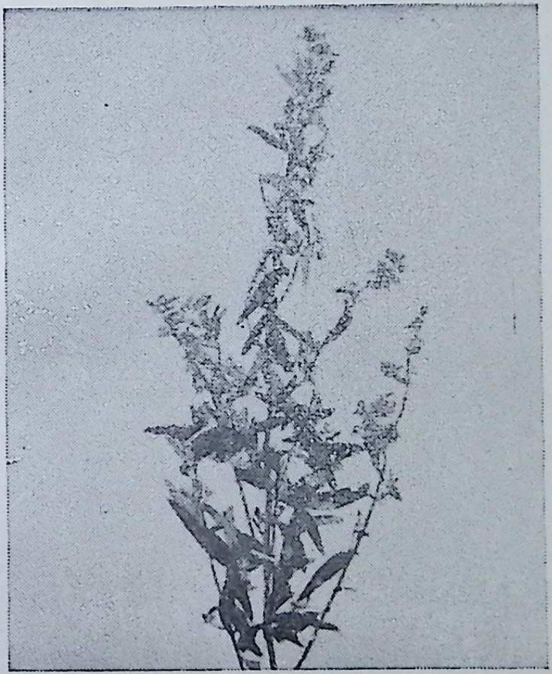
Possesses stomachic, antidiarrhoetic, anthelmintic, tonic and febrifuge properties. It contains ophelic acid, an amorphous bitter principle. Chiratin a yellow bitter glucoside; resins, gum, carbonates and phosphate of potash, lime and magnesia, ash 4 to 6%.

4. *Giloe* (*Tinospora cardifolia*)

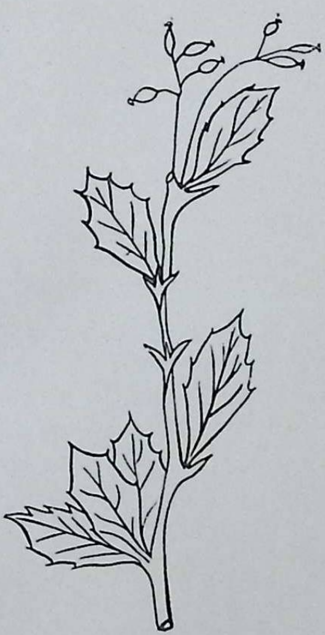
An antiperiodic, alterative and a diuretic drug. Its stem and root are valuable tonic in debilitating diseases, intermittent fever and dyspepsia. Chief constituents are berberine, bitter substance.

5. *Deodar* (*Pinus deodar*)

It is carminative; powerfully astringent and febrifuge. Wood yields an oleorusin known as kelanka tel and a dark coloured oil or tar resembling crude turpentine



Chiraita—Swertia chirata



Daru Haldi—Berberis aristata

which is obtained by destructive distillation. Its bark is good remedy in remittent and intermittent fever, diarrhoea and dysentery. It is considered especially useful in bilious fever.

6. *Haldi* (*Turmeric*)

Aromatic, stimulant, tonic and carminative. Internally, juice is anthelmintic. It is usefully administered in intermittent fever. Haldi has been found useful in various respiratory diseases like bronchitis and bronchial asthma. Curcuma powder was found appreciably to increase the mucin content.

Curcuma longa has been shown to possess antiarthritic activity. Curcumine combines the chloretic and hydrocholagogic action in addition to antiseptic property and it is envisaged that this drug will be an ideal therapeutic agent in conditions of the biliary system and gall bladder where staphylococcal infection exists.

Curcuma longa also possesses antibacterial activity against gram positive and gram negative organism which was less as compared to pencillin and streptomycin.

The main colouring matter of Curcuma longa is curcumine which belongs to the dicinomoyl group. The tubers also yield an aromatic oil called turmeric oil. The synthesis of terpeniods has been reported.

7. *Daruhaldi* (*Berberry*)

Used as a bitter tonic, stomachic, astringent, diaphoretic, antipyretic and alterative. It is also indicated for the treatment of leprosy, snake-bite and jaundice.

Root and wood are rich in a yellow alkaloid "berberine", a bitter substance, which dissolves in acid and forms salts of the alkaloid. Root contains two more alkaloids. It is very useful in cases of remittent as well as intermittent fever and also in debility consequent therefrom. Decoction with emblic myrabolan is useful in painful micturition from bilious or acid urine. In combination with other Ayurvedic drugs it is given in leucorrhoea and menorrhagia.

8. *Atis* (*Indian atees*)

Roots are bitter, tonic, astringent, stomachic, antiperiodic and aphrodisiac, and are also indicated in diarrhoea, dyspepsia, dysentery and related gastro-intestinal diseases and general debility. The alkaloid "astisine" is employed medicinally in India as an antiperiodic, aphrodisiac and tonic.

It contains non-crystalline intensely, bitter alkaloid, atisine which is non-toxic; aconitic acid, tannic acid, pectus substance, abundant starch, fat, a mixture of oleic, palmitic, stearic glycerides, vegetable mucilage, cane sugar and ash 2%.

9. *S. No.*—10 *to* 38

Stimulant, emetic, nauseant, stomachic, expectorant, carminative, antispasmodic, sedative, diuretic, effective in gout & gonorrhoea. These are also useful in renal calculi and pruritis valvae.

10. *Lauh Bhasma* (*Iron oxide*)

Iron oxide improves the quality of blood. It stimulates the functional activity of all the organs of the body and is therefore a valuable general tonic. Lauh Bhasma is a powerful alterative, astringent, tonic and restorative. In gonorrhoea it is given with Guggulu. As a heamatinic prepared iron is used in many diseases, like anaemia and chlorosis, Iron is of great value in both simple and secondary anaemia, also indicated, haemorrhagic diseases such as haemoptysis, haematuria & bleeding piles.

11. *Silajit* (*Asphalt*)

Locally antiseptic, anodyne, parasiticidal and antiphlogistic. Internally alterative, tonic intestinal antiseptic. Cholagogue, respiratory stimulant, disinfectant expectorant, and diuretic.

Silajit is especially employed in genito-urinary diseases like anasarca renal stone, renal & bladder calculi & anuria. It is indicated in diabetes where it reduces the quantity of sugar in urine; in nervous diseases like hysteria, neuresthenia, epilepsy and insanity; in uterine troubles like amenorrhoea, dysmenorrhoea and menorrhagia; in respiratory diseases like asthma, tuberculosis, phthisis; in hepatic and gastro-intestinal diseases like gall stones, jaundice, enlarged spleen, fermentative dyspepsia; and in diseases like leprosy, eczema, elephantisis. It is also beneficial in bone fracture.

It contains 65% of urea. Further analysis shows the presence of water 8.5%, organic matter 56.20% and mineral matter 34.95%, containing nitrogen 1.03%, lime 7.80%, potash 9.07%, phosphoric acid 0.16%, silica 1.35%.

12. *Guggulu* (*Commiphora mukul*)

Locally it acts only on abraded skin and mucous membrane as astringent and antiseptic. When administered orally it possesses appetising, carminative, antispasmodic, diaphoretic, ecbolic, aphrodisiac and emmenagogue properties.

Crude guggulu possesses hypocholestrolemic activity and also reduces body weight in obesity, it also lowers the serum turbidity and prolongs the coagulation time.

The extract of Gum Guggulu not only acts as a hypolipidemic agent but also resolves xanthomatosis. This extract has an antiarthritic activity as well. It has been shown that the drug also produces a beneficial effect on patients of hypercholestrolemia associated with obesity, ischaemic heart disease, hypertension or diabetes.

The gum resin of C. mukul was found to contain 4.6% foreign impurities, 32 percent gum, 19.5% mineral matter consisting chiefly of silicon dioxide, calcium, magnesium, iron & aluminium. It also contains 1.45% essential oil. The essential oil was found to contain 6.4% myrcene, 11% dimyrcene, and some polymyrcene. On systematic chromatographic separation, the petroleum ether extract of the gum resin yielded sesamin cholestrol and a few other steroids.

Analytical Report

Organoleptic characters

Colour	Blackish brown
Smell	Fragrant
Touch	Smooth
Taste	Bitter

Quantitative estimation

Free Sulphur	Nil
Sulphur	Nil
Mercury	Nil
Iron as Fe_2O_3	5.157 per cent w/w
Aluminium as Al_2O_3	2.199 per cent w/w
Calcium as Ca	4.758 per cent w/w
Sulphate	1.559 per cent w/w
Phosphate as PO_4	0.243 per cent w/w
Sodium as Na	1.698 per cent w/w
Copper as Cuo	1.534 per cent w/w
Potassium	1.405 per cent w/w
Chloride	1.295 per cent w/w
Acid insoluble	3.698 per cent w/w
Ash value	29. 66 per cent w/w
Acid insoluble ash	7.042 per cent w/w
Volatile matter	10.795 per cent w/w
Loss on drying at 110°	5. 96 per cent w/w

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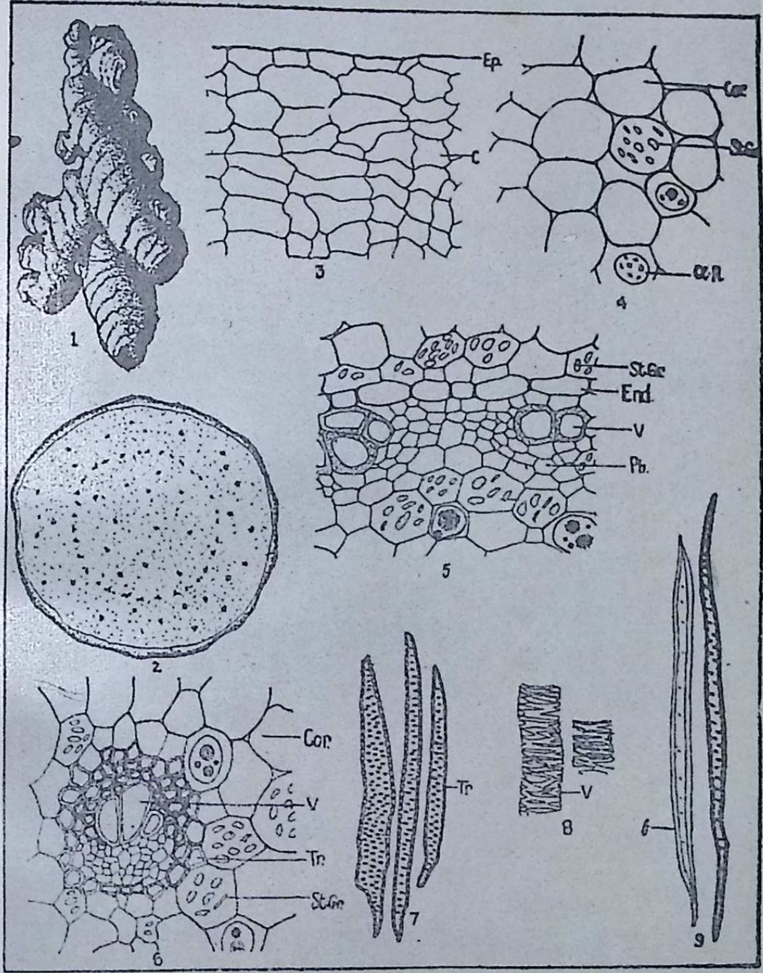


ZINGIBER OFFICINALE (SONTH)

Fig. 1. Diagram of the root— × ½.
Fig. 2. Transverse section of the root—Diagramatic— ×4.
Fig. 3. Transverse section showing epidermis and cork.
Fig. 4. Transverse section of cortical region— ×175.
Fig. 5. Transverse section of endodermis and xylem portion— ×175
Fig. 6. Transverse section through the xylem portion— ×175.
Fig. 7. Tracheids— ×175.
Fig. 8. Vessels— ×175.
Fig. 9. Fibres— ×175.
Ep, epidermis ; C, cork ; Cor, cortex ; End, endodermis ; Ph, phloem ; St. Gr. starch grains ; Ol, R., resin cell ; V, vessel ; Tr. tracheid ; f. fibre.

By Courtesy of The Book Pharmacogonosy of Indian Root and Rhizome

CHAPTER V

GUGGULU

In Ayurvedic System of Medicine "Guggulu" have special importance for the treatment of Nervine Rheumatic Diseases. These preparations constitute guggulu, a gum resin obtained from the plant of Commiphora mukul as an active constituent. They are of five varieties out of which yellow guggulu or kanak guggulu is commonly used for the preparations meant for human consumption. Both new as well as old guggulu are used in manufacturing of medicines for different type of rheumatic troubles.

Baidyanath MAHAYOGRAJ GUGGULU

Active ingredients

Each pill contains

	Hindi	English	Botanical name	
1.	Sonth	Ginger	Zingiber officinale	1.12 mg.
2.	Pipal	Long pipper	Pipper longum	1.12 ”
3.	Chabya	Piper chaba	Piper chaba	1.12 ”
4.	Piplamool	Long pipper root	Piper longum root	1.12 ”
5.	Chitrak-mool	Leadwort root	Plumbago Zeylanica	1.12 ”
6.	Suddha Hing	Assfoetida	Ferula foetida	1.12 ”
7.	Ajmoda	Celery	Apium graveolens	1.12 ”
8.	Pili Sarso	Mustard	Brassica Juncea	1.21 ”
9.	Jeera Safed	Cumin seed	Cuminium Cynimum	1.12 ”
10.	Indra-Jav	Sweet Indrajao	Wrightia tinctorla	1.12 ”
11.	Renuka	—	Vitex-agnus castus	1.12 ”
12.	Patha	Velvet leaf	Cissampelos Pararia	1.12 ”
13.	Vidang	—	Embelia ribes	1.12 ”
14.	Bari Pipal	—	Scindaprus officinalis	1.12 ”
15.	Kutki	—	Picrorrhiza Kurroaa	1.12 ”
16.	Atis	Indian atees	Aconitum heterophyllum	1.12 ”
17.	Bharangi	—	Clerodendron Sipnonthus	1.12 ”
18.	Buch	Sweet flag	Acorus calamus	1.12 ”
19.	Murva	—	Sansevieria roxburghina	1.12 ”
20.	Triphala churna	Myrabolan Powder	—	49. 5 ”
21.	Guggulu	—	Commiphora mukul	65. 0 ”
22.	Banga Bhasma	Oxide of Tin	—	17. 5 ”
23.	Rupya Bhasma	Oxide of Silver	—	17. 5 ”
24.	Nag Bhasma	Oxide of Lead	—	17. 5 ”
25.	Lauh Bhasma	Oxide of Iron	—	17. 5 ”
26.	Abhraka Bhasma	Oxide of Mica	—	17. 5 ”
27.	Mandura Bhasma	Ferrous oxide	—	17. 5 ”
28.	Ras-sindur	—	—	17. 5 ”

Pharmacological actions and therapeutic uses of the compound preparation as a whole

The drug is effective in various rheumatic and anthritic conditions, in obesity, in medaroga and related cardiac diseases, neuritis, lumbago, sciatica, and also in respiratory diseases like bronchitis and asthma, in gastro-intestinal diseases like colitis, intestinal colic and fistula, also useful in spermatorrhoea.

Dose:—0.25 to 0.5 gm.

Action & uses of the individual ingredient

1. No. 1 to 18 potentiate the antiarthritic, antihyperlipedemic, antigout and expectorant action of Commiphora mukul.

2. *Triphala churna*

Triphala churna is a combination of Harre (Myrobolan), Amla (Emblic Myrobolan) and Bahaira (Beleric Myrobolans). These are very useful in constipation. Myrobolan is a safe and effective purgative, astringent and alterative. Bahaira is astringent, tonic, expectorant and laxative. Emblic Myrobolan is refrigerant, diuretic and laxative. Myrobolan contains astringent principles tannin (tannic acid) 45% and a large amount of gallic acid, Lucilage, a brownish yellow colouring matter Chebulinic acid which when heated in water splits up into tannic and gallic acid.

Beleric myrobolans consists of gallotannic acid, colouring matter, resins and a greenish yellow oil 25%.

3. *Guggulu* (*Commiphora mukul*)

Locally it acts only on abraded skin and mucous membrane as astringent and antiseptic. When administered orally it possesses appetising, carminative, antispasmodic, diphoretic, ecbolic, aphrodisiac and emmenagogue properties.

Crude guggulu possesses hypocholestrolemic activity and also reduces body weight in obesity, it also lowers the serum turbidity and prolongs the coagulation time.

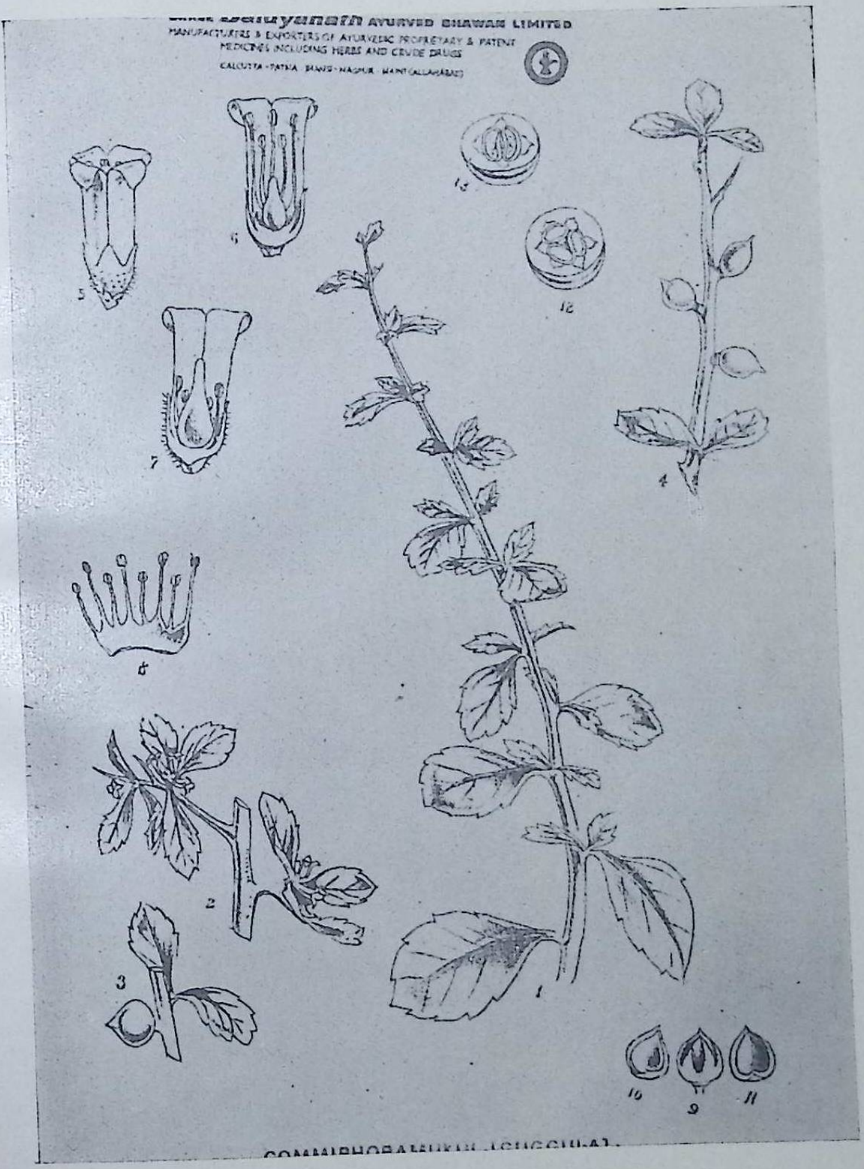
The extract of Gum Guggulu not only acts as a hypolipidemic agent but also resolves xanthomatosis. This extract has an antiarthritic activity as well. It has been shown that the drug also produces a beneficial effect in patients of hypercholestrolemia associated with obesity, ischaemic heart disease, hypertension or diabetes.

The gum resin of C. mukul was found to contain 4.6 foreign impurities, 32 percent gum, 19.5% mineral matter consisting chiefly of silicon dioxid, calcium, magnesium, iron & aluminium. It also contains 1.45% essential oil. The essential oil was found to contain 6.4% myrcene, 11% dimyrcene, and some polyrcene. On systematic chromatographic separation, the petroleum ether extract of the gum resin yielded sesamin, cholestrol and few other steroids.

Analytical Report

Organoleptic characters

Colour	Black
Smell	Fragrant
Touch	Smooth
Taste	Acid
Specific gravity at 25°	1.654
Ash value	41.516 per cent w/w
Acid insoluble ash	10. 49 per cent w/w
Volatile oil matter	0.421 per cent w/w
Resins content	10. 20 per cent w/w.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COMMIPHORAMUKUL (GUGGULA)

Guggulu—Commiphora mukul

CHAPTER VI

CHURNAS (POWDERS)

Churnas are preparations comprising of fine powders of drugs and may be simple or compound. Simple churna consists of only one ingredient while a compound one consists of more than one ingredient.

Baidyanath HINGVASTAKA CHURNA

Active ingredients

Hindi	English	Botanical name	Percent
1. Sonth	Ginger	Zingiber officinale	14.03%
2. Kalimarich	Black pepper	Piper nigrum	14.03%
3. Pipal	Long pepper	Piper longum	14.03%
4. Ajowan	Omum	Trachy-spermum ammi	14.03%
5. Saindha lavan	Rock salt	Sodium chloride	14.03%
6. Jeera safed	Cumin seed	Cuminum cyminum	14.03%
7. Jeera shia	Cumin seed	Carum carvi	14.03%
8. Hing	Assafoetida	Ferula foetida	1.76%

Pharmacological actions and therapeutic uses of the compound preparation as a whole

Used as a carminative and gastric stimulant indicated in flatulence, and detention of wind in intestine also valuable in dyspepsia, colic and constipation.

Dose:—1.5 to 3 gms.

Action & uses of the individual ingredient

1. *Sonth* (*Ginger*)

Ginger is aromatic, carminative, stimulant to the gastro-instestinal tract and stomachic, also sialagogue and digestive. Externally, a local stimulant and rubefacient.

Indian ginger contains an aromatic volatile oil 1 to 5% of light yellow colour having a characteristic odour and containing camphene, phellandrene, zingiberine, cineol and borneol; gingerol a yellow pungent body, an oleo-resin "gingerin" the active principle, other resins and starch; potassium-oxalate. The essential oil and resin, to which ginger owes its pungent flavour, occur just beneath the skin or epidermis.

Ginger is extremely valuable in dyspepsia, flatulence, colic, vomiting, spasms and other painful affection of the stomach and the bowels.

2. *Kalimarich* (*Black peeper*)

Black pepper is acrid, pungent, hot, carminative also used as antiperiodic. Piperine is a mild antipyretic and antiperiodic.

It contains an alkaloid peperine or pipirine 5% to 9%, piperidine or piperidin 5%, a balsamic volatile essential oil 1to 2%, fat 7%, mascorap contains chavicin, a balsamic volatile oil, starch, lignin gum, fat 1%, proteids 7% and ash containing organic matter 5%.

It is used in constipation, piles, colic, gastric troubles, ascites, worm infestations, dyspepsia and flatulance.

3. *Pipal* (*Long pepper*)

Stimulant, carminative and alterative tonic more powerful than black pepper; also aphrodisiac, diuretic, vermifuge and emmenagogue.

It contains resin, volatile oil, starch, gum, fatty oil, inorganic matter and alkaloid piperine 1 to 2%.

4. *Ajowan* (*Omum*)

Seeds possess diffusible stimulant, stomachic, carminative, tonic, aromatic, pungent, antispasmodic and antiseptic properties are useful in flatulence, indigestion, colic, dyspepsia and spasmodic affection of the bowels and check chronic discharges such as profuse expectoration in bronchitis.

Omum seeds contain an aromatic volatile essential oil and a crystalline substance stearoptin which collects on the surface of distilled water, also cumene and terpene, and terpene, "thymene". The stearoptin known as ajowan ka-phul (crude thymol) is identical with English thymol contained in thymus vulgaris. The seeds of carum capticum contain the antiseptic thymol and they yield 2 to 3% of an essential oil which is official as oil of ajowan which contains not less than 40 to 50% of thymol.

5. *Saindha Lavan* (*Rock salt*)

In small doses it is highly carminative, stomachic and digestive. It promotes the appetite and assists digestion and assimilation of food. In large doses it is a cathartic. It is given in dyspepsia and other abdominal disorders.

6. *Jeera safed and shia* (*Cumin seed*)

Seeds are carminative, aromatic, stimulant and astringent.

Seeds contain fatty oil, resin, mucilages, gum, protein compounds, malates and an essential oil to which the aromatic odour and taste is due. A valuable essential oil "thymene" rich in 'carvon' obtained from the seeds, contains cuminol or cumic aldehyde 56%, a mixture of hydrocarbons, cymene or cymol and terpens. Thymol occurs in fairly large proportion in the oil of ajowan which is distilled from the fruits.

7. *Hing* (*Assafoetida*)

Stimulant, carminative, antispasmodic, expectorant and laxative, also anthelmintic, diuretic, aphrodisiac and emmenagougue. It is a nervine stimulant.

It contains organic sulphur compound; volatile oil 5%, containing essential oil of garlic-allyl, allyl persulphide and two terpenes; a resin 65%, a ferulic acid ester of asarsino-tannol; free ferfulic acid; gum 25% and ash 4%, also malic, acetic, formic and Valerainic acid.

Analytical Report

Organoleptic characters

Colour	Yellowish brown
Smell	Fragrant
Touch	Slightly sticky

Taste	Acid
Loss on drying at 110°	8.58 per cent w/w
Ash value	15.01 per cent w/w
Acid insoluble ash	1.290 per cent w/w

Solubility

Water	30.52 per cent w/w
Alcohol	27.59 per cent w/w
Chloroform	15.96 per cent w/w
Hexane	12.09 per cent w/w
Benzene	13.02 per cent w/w
Ether	23.85 per cent w/w

Baidyanath LAVANBHASKAR CHURNA

Active ingredients

	Hindi	English	Botanical name	Percent
1.	Pipal	Long pepper	Piper longum	4.8% w/w
2.	Piplamool	Long pepper root	Piper longum root	4.8% w/w
3.	Dhania	Coriander	Coriandrum sativum	4.8% w/w
4.	Sendha namak	Rock Salt	Sodium chloride	4.8% w/w
5.	Kalanamak	Vid lavana		4.8% w/w
6.	Tejpat	Cassia cinnamon	Cinnamomum tamala	4.8% w/w
7.	Talispatri	Himalayan	Taxus baccata	4.8% w/w
8.	Nag-keshar	Alexandrian laurel	Mesua ferrea	4.8% w/w
9.	Kalimarich	Black pepper	Piper nigrum	2.4% w/w
10.	Jeera safed	Cumin seed	Cuminum cyminum	2.4% w/w
11.	Sonth	Ginger	Zingber officinale	2.2% w/w
12.	Dalchini	Cinnamon	Cinnamonum cassia	1.4% w/w
13.	Badi illachi	Cardamom	Ammomum subulatum	1.2% w/w
14.	Samudra lavana	—	—	19.5% w/w
15.	Anar-dana	Pomegranate	Punica granatum	9.6% w/w
16.	Amarbel	Dorder	Cuscuta reflexa	4.8% w/w
17.	Savarchol lavana	—	—	12.1% w/w
18.	Shia jeera	Caraway seed	Carum carvi	4.8% w/w

Pharmacological actions and therapeutic uses of the compound preparation as a whole

Carminative and gastric stimulant, of special value in loss of appetite, constipation, dyspepsia, indigestion, stomach troubles, colic and sprue, also indicated in *Splenic Diseases.*

Dose:—6 to 12 gms with water.

Action & uses of the individual ingredient

1. *Pipal* (*Long pepper*)

Stimulant, carminative and alterative tonic more powerful than black pepper; also aphrodisiac, diuretic, vermifuge and emmenagogue.

It contains resin, volatile oil, starch, gum, fatty oil, inorganic matter and an alkaloid piperine 1 to 2%.

2. *Piplamool* (*Long pepper root*)

It contains an alkaloid piperine 1 to 2%, resin, volatile oil, starch, gum, fatty oil, inorganic matter. It is very useful in catarrh and hoarseness. It is also useful in colic and flatulance besides cough and coryze. For diseases of respiratory system Vaidyas and Hakims use an extract prepared by boiling pipalamool with some other herbs which is a good expectorant.

3. *Dhania* (*Coriander*)

Fruit is aromatic, stimulant, carminative, stomachic, antibilious, refrigerant, tonic, diuretic and aphrodisiac.

The green vegetable contains 84.0 moisture, and the dried material contains Ether extract 3.12; Albuminoids 24.46 (contg Nitrogen 3.93); soluble carbohydrate 43.30; woody fibre 9.75 and Ash 19.37 containing sand 1.50%. Fruits yield a volatile essential oil 1%, fixed oil 13%, fatty matter 13%, mucilage, tannin, malic acid and ash 5%. Coriander oil contains coriandrol (linalcol) and alcohol 2d-Pinene, 1-Pinene, geraniol and baborneol.

It is very useful in sore throat, flatulance, indigestion, vomiting, other intestinal disorder, common catarrh and bilious complaints. In combination with cardamom and caraway it forms a good carminative.

4. *Tejpat* (*Cassia cinnamon*)

Carminative, stimulant, diuretic, diaphoretic, and deobstruent. The oil distilled from the leaves is a powerful stimulant.

The leaves contain an essential oil, eugenol, terpene, and cinnamic aldehyde. Outer bark of the plant yields on distillation an essential oil (Similar to cinnamon oil) which has a pale yellow colour. Cinnamic aldehyde is the chief constituent of cassia oil. Its root contains an oil which has as its ingredients, eugenol, saffrol, benzaldehyde and terpene.

5. *Kalimarich* (*Black pepper*)

Black pepper is acrid, pungent, hot, carminative also used as antiperiodic. Piperine is a mild antipyretic and antiperiodic.

It contains a volatile alkaloid piperine or pipirine 5% to 9%, piperidine or piperdin 5%, a balsamic volatile essential oil 1 to 2%, fat 7%, masocarp contains chavicin, a balsamic volatile oil, starch, lignin, gum, fat 1%, proteids 7% and ash containing organic matter 5%.

It is used in constipation, piles, colic, gastric troubles, ascites, worm infestations, dyspepsia and flatulance.

6. *Jeera safed* (*Cumin seed*)

Seeds are carminative, aromatic, stimulant and astringent. Seeds are cooling in effect.

Seeds contain fatty oil, resin, mucilage, gum; protein compounds, malates and an essential oil to which the aromatic odour and taste is due. A valuable essential

Tejpat—Cinnamomum tamala

oil "thymene" rich in 'carvone" obtained from the seeds, contains cuminol or cumic aldehyde 56%, a mixture of hydrocarbons, cymene or cymol & terpene. Thymol occurs in fairly large proportions in the oil of ajwain, which is distilled from the fruits. This essential oil is colourless or pale yellow with a strong odour and flavour of the fruit. The yield varies from 3.5% to 5.2% according as the entire seeds or the coarsely ground seeds are distilled.

7. *Sonth* (*Ginger*)

Ginger is aromatic, carminative, stimulant to the gastro-intestional tract and stomachic, also sialagogue and digestive. Externally a local stimulant and rubefacient.

Indian ginger contains an aromatic volatile oil 1 to 5%, of light yellow colour having a characteristic odour and containing camphene, phellandrene, zingiberine, cineol and borneol; gingerol a yellow pungent body, an oleo-resin "gingerin" the active principle, other resins and starch; potassium-oxalate. The essential oil and resin, to which ginger owes its pungent flavour, occur just beneath the skin or epidermis.

Ginger is extremely valuable in dyspepsia, flatulence, colic, vomiting, spasms and other painful affection of the stomach and the bowels.

8. *Dalchini* (*Cinnamon*)

Bark is carminative, antispasmodic, aromatic, stimulant, astringent, antiseptic, stomachic and germicide. Oil has no astringency; it is a vascular and nervine stimulant. The volatile oil is aromatic.

It contains volatile oil 2% cinnamic acid, resin, tannin, sugar, mannit, starch, mucilage, ash. Oleum cinnamomum B.P. is distilled from the cortex and consists chiefly of cinnamic aldehyde oxidizing into resin and cinnamic acid, also cinnamyl acatate and hydrocarbon, and small quantities of phellandrene, pinene, linalol, caryophyllene and euginol.

9. *Badi illachi* (*Cardomom*)

An essential oil extracted from the seeds of amomum subulatum is rich in cineole. It is an agreeable aromatic stimulant and is used for flavouring. It acts as a stomachic, used to allay irritation of the stomach produced either by cholera or some similar other affections. Seeds are stomachic, carminative and stimulant.

10. *Anar* (*Pomegranate*)

Bark and the rind of the fruit contains tannin 22 to 25%, mannite, sugar, gum-pectin, ash 15%, an active liquid alkaloid "pelletierine" and oil liquid "Isopelletierne" and two inactive alkaloids methyl pelletierine and pseudo-pelletierine. Fruits are astringent and stomachic.

Analytical Report

Organoleptic characters

Colour	Yellowish brown
Smell	Fragrant

Taste	Salty
Loss on drying at 110°	7. 35 per cent w/w
Ash value	13. 45 per cent w/w
Acid insoluble Ash	0.911 per cent w/w

Solubility

Water	46. 75% w/w
Chloroform	14. 67% w/w
Alcohol	31. 25% w/w

Baidyanath PANCHASAKARA CHURNA

Active ingredients

Hindi	English	Botanical name	Percent
1. Sanai	Indian Senna	Cassia angustifolia	44.4%
2. Harre	Myrobalan	Terminalia chebula	22.2%
3. Sonth	Ginger	Zingiber officinale	11.1%
4. Saunf	Sweet fennel	Foeniculum vulgare	11.1%
5. Sendha lavan	Rock salt	Sodium chloride	11.1%

Pharmacological actions and therapeutic uses of the compound preparation as a whole

A drug of special value as a carminative, purgative, for indigestion, for relieving constipation, colic and many other gastro-intestinal disorders.

Dose:—3 to 6 gms with water

Action & uses of the individual ingredient

1. *Sanai* (*Indian senna*)

It is a purgative apt to produce griping and cause nauseous; but it does not after constipation. Senna leaves cause loose stools. Therapeutic doses stimulate intestinal peristalsis, the aperient effect ensuing in about 7 to 12 hours.

Pods and leaves to a major degree (leaflets) contain cathartin, emodin (trioxymethylanthraquinone), and chrysophanic acid, also senna picrin (Senna sugar, catharto mannit or sennit), Sennacrol (chrysophan), phoecretin, mucilage, vegetable salt (Trataric and Oxalic acid) and ash. Senna leaves belong to the group of drug containing oxyanthraquinone.

2. *Harre* (*Myrobalan*)

Myrobalans are a safe and effective purgative (gentle laxative), astringent and alterative. Unripe fruits have more marked purgative action. Ripe fruit also remove bile and phlegum.

Myrobalans contain astringent principles tannin (Tannic acid) 45%, and large amount of gallic acid, mucilage, a brownish yellow colouring matter, chebulinic acid which when heated in water splits up in to tannic and gallic acid.

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TERMINALIA CHEBULA [HARITAKI]

3. *Sonth* (*Ginger*)

Ginger is aromatic, carminative, stimulant to the gastro-intestional tract and stomachic, also sialagogue and digestive. Externally a local stimulant and rubefacient.

Indian ginger contains an aromatic volatile oil 1 to 5%, of light yellow colour having a characteristic odour and containing camphene, phellandrene, zingiberine, cineol and borneol; gingerol a yellow pungent body, an oleo-resin "gingerin" the active principle, other resins and starch; pottasium-oxalate. The essential oil and resin, to which ginger owes its pungent flavour, occur just beneath the skin or or epidermis.

Ginger is extremely valuable in dyspepsia, flatulence, colic, vomiting, spasms and other painful affection of the stomach and the bowels.

4. *Saunf* (*Sweet fennel*)

Dried ripe fruit and its essential oil are used as stimulant, aromatic, carminative, diuretic, emmenagogue and purgative, fennel fruit yields about 3 to 5% of volatile oil of a pleasant aromatic odour. Oil is useful in flatulance and checks the griping of purgatives.

5. *Sendha Lavan* (*Rock salt*)

In small doses it is highly carminative, stomachic and digestive. It promotes the appetite and assist digestion and assimilation. In large doses it is a cathartic. It is given in dyspepsia and similar other abdominal disorders.

Analytical Report

Organoleptic characters

Colour	Light yellow
Smell	Characteristic smell of Shunthi
Touch	Powdery
Taste	Saltish
Loss on drying at 110°	9. 75 per cent w/w
Ash value	18.693 per cent w/w
Acid insoluble ash	1. 33 per cent w/w

Solubility

Water	45. 38 per cent w/w
Alcohol	25.370 per cent w/w
Chloroform	10. 25 per cent w/w
Hexane	3. 45 per cent w/w
Benzene	4. 08 per cent w/w
Ether	4. 02 per cent w/w

Baidyanath SITOPALADI CHURNA

Active ingredients

Hindi	English	Botanical name	Percent
1. Mishri	Sugar candy	—	51. 6%
2. Banshlochan	Bamboomanna	Bombusa arundinacia	25. 8%
3. Pipal	Long pepper	Piper longum	19. 9%
4. Chhoti illachi	Cardamam	Elettaria cardamomum	6. 45%
5. Dalchini	Cinnamon	Cinnamomum cassia	3.225%

Pharmacological actions and therapeutic uses of the compound preparation as a whole

An expectorant useful in bronchitis, cough, tuberculosis and other complaints; also of value as laxative and for relieving excessive thirst and burning sensation of extremities.

Dose:—3 Gms. with honey.

Action & uses of the individual ingredient

1. *Banshlochan* (*Bamboomanna*)

It contains Silica 90% or Silicum as hydrate of silicic acid, peroxide of iron,, potash, lime, aluminia, vegetable matter, "choline, betain, muclease, urease, proteolytic enzyme, diastatic and emulsifying enzyme, cyanogenetic glucoside.

It is useful in fever, cough, consumption, debilitating diseases, and in asthma.

2. *Pipal* (*Long pepper*)

Stimulant, carminative and alterative tonic more powerful than black pepper; also aphrodisiac, diuretic, vermifuge and emmenagogue.

It contains resin, volatile oil, starch, gum, fatty oil, inorganic matter and an alkaloid piperine 1 to 2%.

3. *Chhotiilachi* _(*Elettaria cardamomum*)

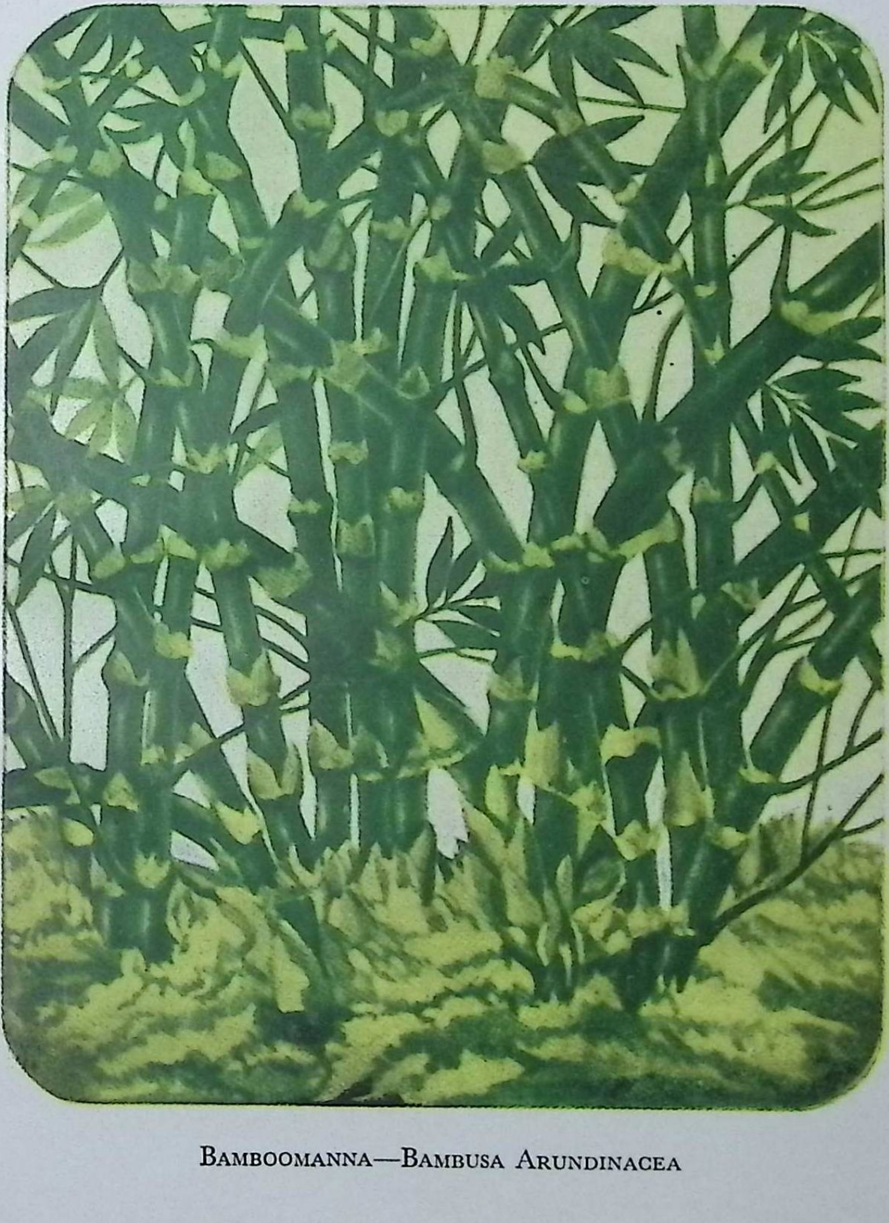
It is a powerful aromatic, stimulant, carminative, stomachic and diuretic. These properties are due to the essential oil contained in the seeds.

It is very useful in many gastric complaints. It is a good nutritive tonic and demulcent useful in bronchial affection.

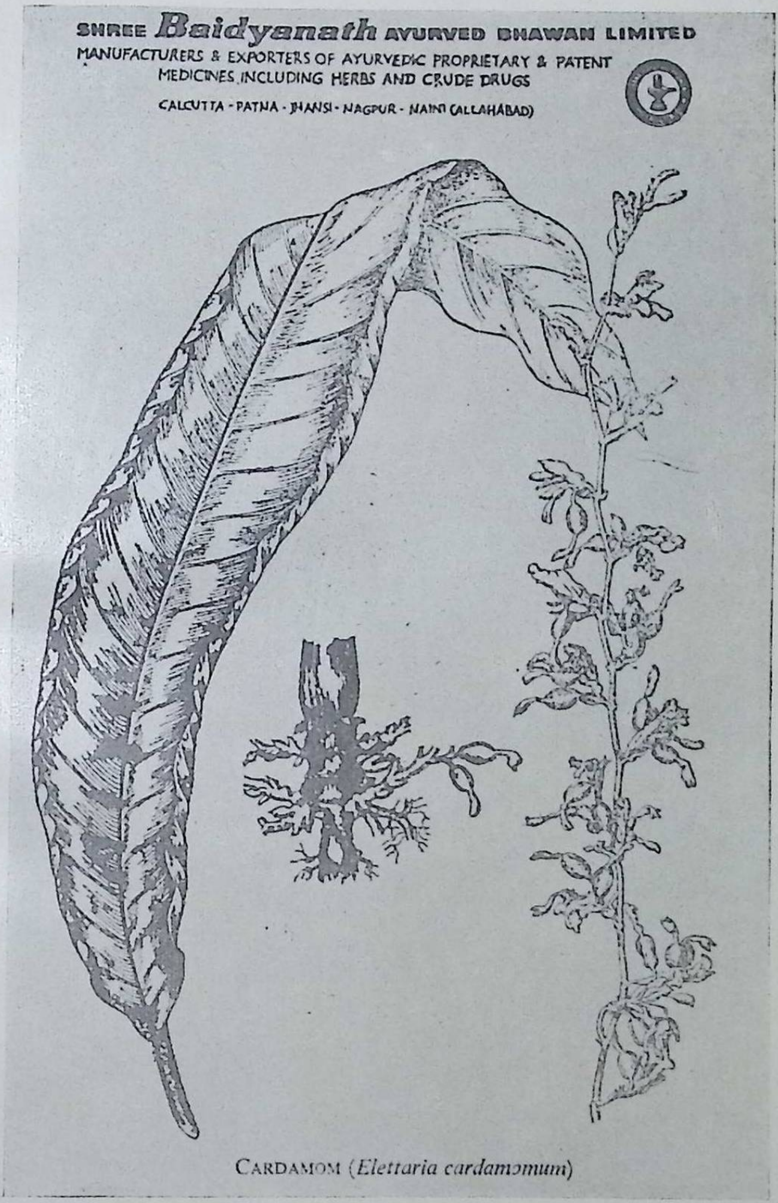
The active principle is 4 to 8 % and "contains a considerable amount of terpinyl acetate, cineole, free terpineol and probably also limonene. The specific gravity of pure sample is 0.923 to 0.945, optical rotation 2400 to 48; referactive index 1.4620 to 1.4675, acid value 1 to 4 ester value 90 to 150".

4. *Dalchini* (*Cinnamomum cassia*)

Bark is carminative, antispasmodic, aromatic, stimulant, haemostatic, astringent, antiseptic, stomachic and germicide. It is a vascular and nervine stimulant.



BAMBOOMANNA—BAMBUSA ARUNDINACEA



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CARDAMOM (*Elettaria cardamomum*)

By Courtesy of The Book Medicinal Plants

The bark is prescribed as powder in bowel complaints such as dyspepsia, flatulance, diarrhoea and vomiting. It is frequently employed as an adjunct to bitter tonic purgatives and vegetable and mineral astringents. Due to a powerful stimulant action cinnamom is given in cramps of the stomach and toothache.

Analytical report

Organoleptic characters	
Colour	Dull white
Smell	Fragrant
Touch	Fine
Taste	Sweetish & pungent
Loss on drying at 110°	5.680 per cent w/w
Ash value	25. 75 per cent w/w
Acid insoluble ash	49.425 per cent w/w
Solubility	
Water	30. 45 per cent w/w

CHAPTER VII

AVALEHA

Avleha is semi solid or solid preparations containing sugar as medium with other indigenous herbs and drugs.

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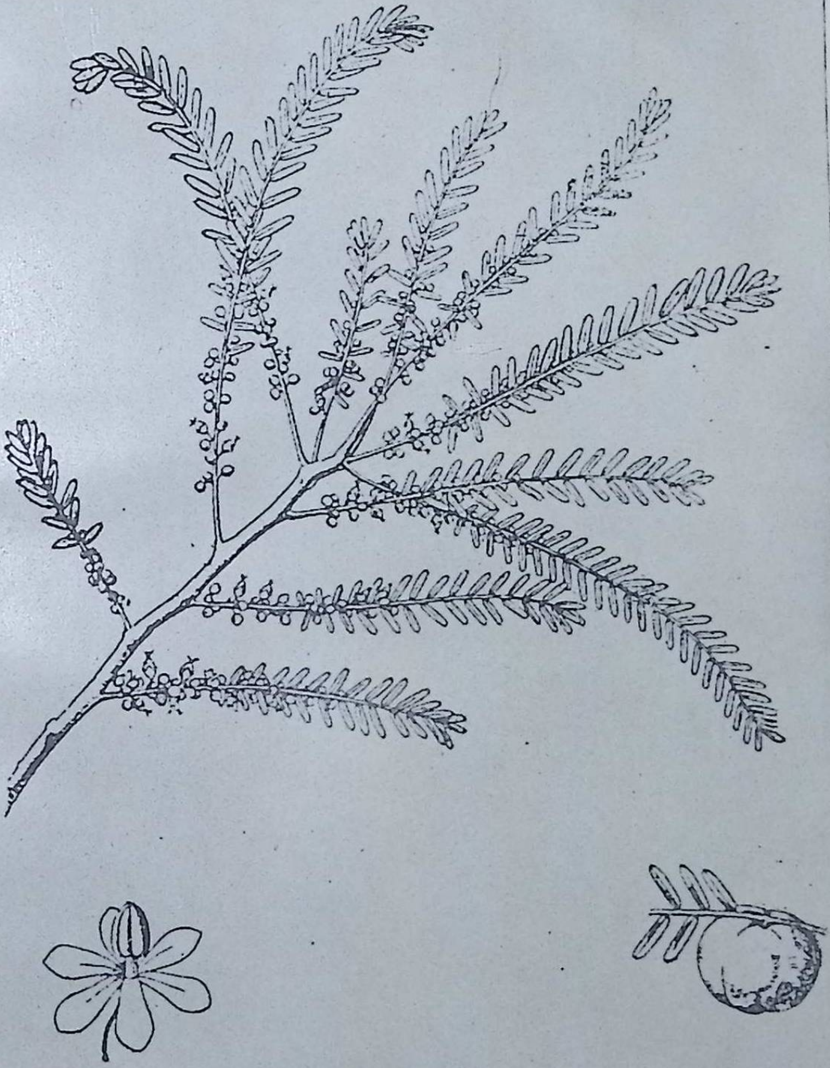


EMBLICA (*Emblica officinalis*)

By courtesy of the book Medicinal plants

Baidyanath CHYAVANAPRASHA AVLEH SPECIAL

Active ingredients

Hindi	English	Botanical name	Percent
1. Bael chhal	Bael bark	Aegle marmelos	0.36%
2. Sona-patha	—	Oroxylum indicum	0.36%
3. Patha	Velvet leaf	Gissampelos pareira	0.36%
4. Gambharichhal	Gambhari bark	Gmelina arborea	0.36%
5. Shalparni	—	Desmodium gangeticum	0.36%
6. Prisniparni	—	Uraria picta	0.36%
7. Chhoti kateri	—	Solanum xanthocarpum	0.36%
8. Bari kateri	—	Solunum indicum	0.36%
9. Cokshru bara	—	Pedalium murex	0.36%
10. Gokshru chhota	Small catropss	Tribulus terrestris	0.36%
11. Pipal	Long pepper	Piper longum	0.36%
12. Kakrasinghi	Galls	Rhus succedanea	0.36%
13. Munnaka	Dried grapes	Vites vinifera	0.36%
14. Giloe	—	Tinospora cordifolia	0.36%
15. Khareti panchang	—	Sida cordifolia	0.36%
16. Bhuiaamla	—	Phyllanthus niruri	0.36%
17. Bari harre	Myrobalan	Terminalia chebula	0.36%
18. Dasamool	Ten roots	—	0.36%
19. Ashtavarga	Eight vital roots	—	2. 8%
20. Punarnava	Spreading hog weed	Boerhaavia diffusa	0.36%
21. Kamal ka phool	Lotus flower	Nelumbium speciosum	0.36%
22. Agar	Aloe wood	Aquilaria agallocha	0.36%
23. Chhoti illachi	Cardamom	Elettaria cardamomum	0.36%
24. White sandal wood	White sandal	Santalum album	0.36%
25. Amla pithi	Emblica	Emblica officialis	64.30%
26. Ghee	Ghee	—	8.33%
27. Sugar	Sugar	—	68. 9%
28. Pipal	Long pepper	Piper longum	0.84%
29. Banslochan	Bamboomanna	Bambusa arundinacia	0.84%
30. Dalchini	Cinnamon	Cinnamomum cassia	0.84%
31. Tejpat	Cassia cinnamon	Cinnamomum tamala	0.84%
32. Nagkeshar	Cobra's saffron	Mesua ferrea	0.84%
33. Keshar	Saffron	Crocus Satives	0.01%
34. Abhraka Bhasma	Mica oxide	—	0.86%
35. Sringa Bhasma	—	—	0.86%
36. Makardhvaja	Red sulphide of mercury		0.206%

Pharmacological actions and therapeutic uses of the compound preparation as a whole

Chayavanprasha is nutritive tonic and is used in general debility, debility of old age, in calcium difficiency, as a rich source of vitamins, in anaemia and of value in cough and tuberculosis.

Dose:—6 to 12 Gms. with milk.

Action & uses of the individual ingredient

1. *Amla* (*Emblica*)

Fresh fruit is refrigerant, diuretic and laxative. Green fruit is exceedingly acidic. Dried fruit is sour and astringent. Flowers are cooling and aperient. Bark is astringent. The green fruits stimulate appetite. Dried fruit is useful in hemorrhage, diarrhoea and dysentery; with iron it is a valuable remedy in anaemia, jaundice and dyspepsia. The fresh fruit contains very high percentage of vitamin 'C' and is effective in infection of the lungs and throat, chronic bronchitis, whooping cough and asthma, and of special value in vitamin 'C' defeciency diseases. Recent clinical studies have shown that Amalaki churna is effective in gastritis syndrome.

By means of paper chromatographic study, the air dried fruites (Amla) have been found to contain some 13 separable tannins in addition to 3 or 4 colloidal complexes.

2. *Ashtavarga*

There are eight main ingredients in ashtavarga which are used in the preparation of chyavanprasha. Riddhi, vriddhi, jeevak, rishbhak, kakoli, kshirakakkoli and meda, maha meda these Ashtavargas that is ingredients are supposed to posssess spermatic, lactogenic and restorative properties and are also astringent, febrifuge and stimulant, kakoli in addition contains an essential oil.

3. *Banshlochan:—*(*Bamboomanna*)

It contains Silica 90% or Silicum as hydrate of silicic acid, peroxide of iron, potash, lime, aluminia, vegetable matter, "choline betain, nuclease, urease, proteolytic enzyme, diastatic and emulsifying enzyme, cyanogenetic glucoside.

It is useful in fever, cough, consumption, debilitating diseases and in asthma.

4. *Keshar* (*Saffron*)

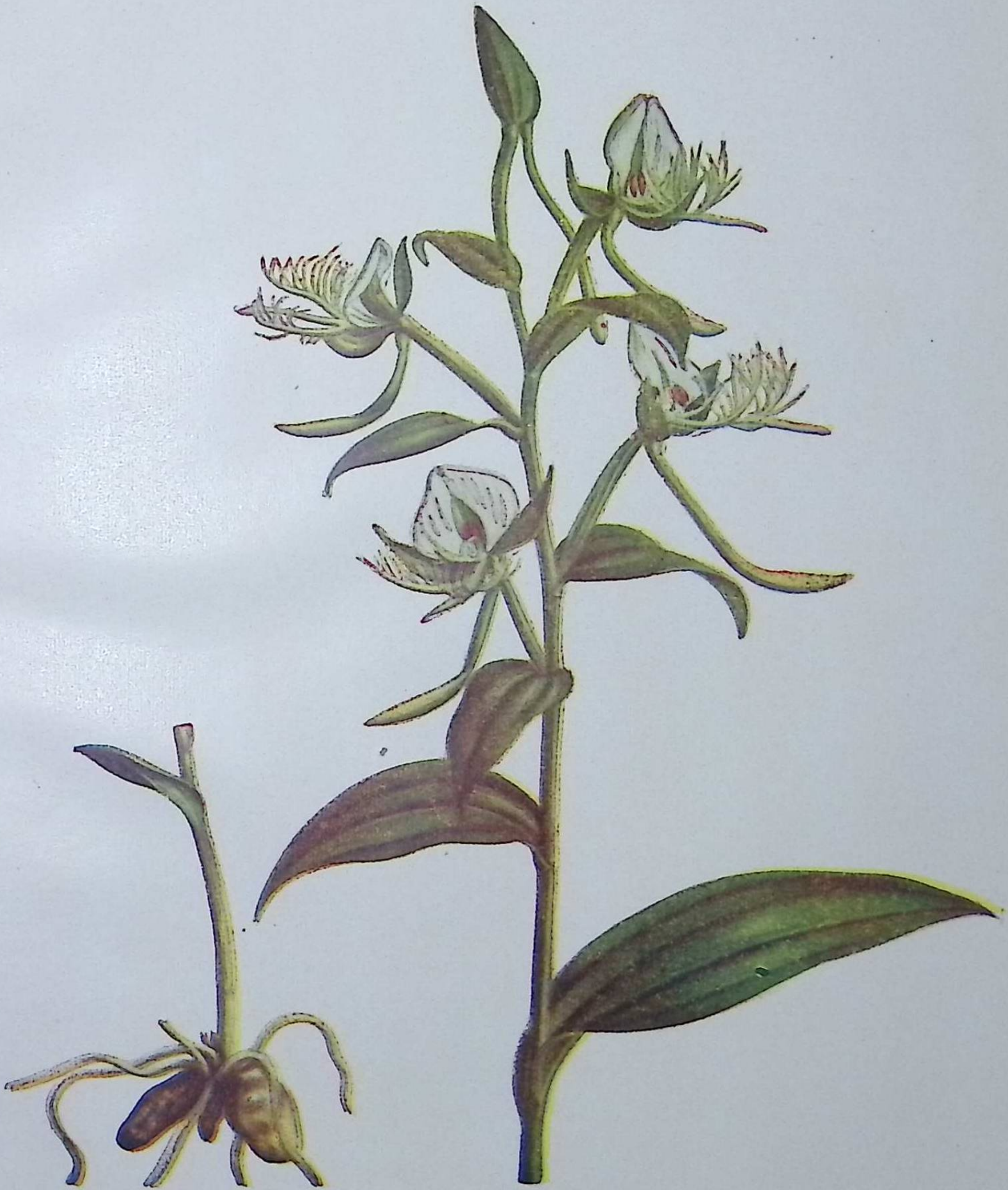
Medicinally it is used in small doses in fever, melanchlia, enlargement of the liver, in spasmodic cough and asthma, and in catarrhal aeffections of children. It is given in anaemia, chlorosis and seminal debility; as a stimulant and aphrodisiac.

5. *Abhraka Bhasma* (*Oxide of Mica*)

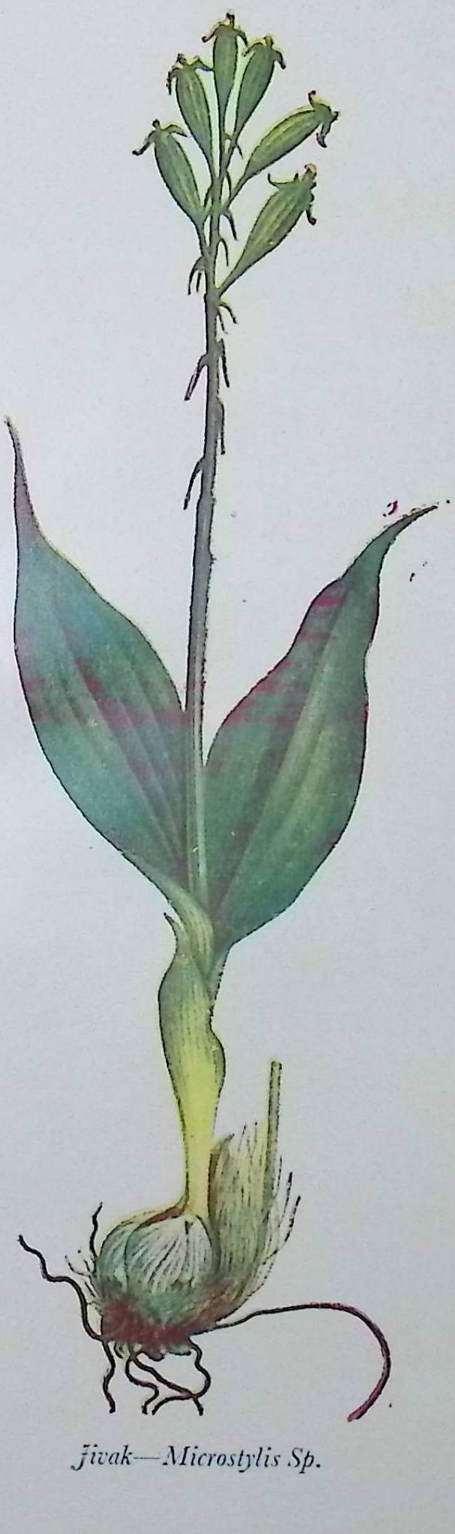
Mica is rock forming mineral. It is a silicate of aluminium together with alkalies and basic hydrogen and it contains 4 to 6% water, which exists as basic hydrogen or as hydroxyl replacing fluorine.

Abhraka Bhasma is given in anaemia, jaundice, chronic diarrhoea and dysentery,, gastric ulcer, nervous debility, chronic fever, enlarged spleen, urinary diseases impotency and sexual debility, is used in dyspepsia to improve digestion. It is usefull in asthma, hepatic fever and cachexia due to long continued discharges from fistua and abscesses. It is prescribed also in gonorrhoea and leucorrhoea.

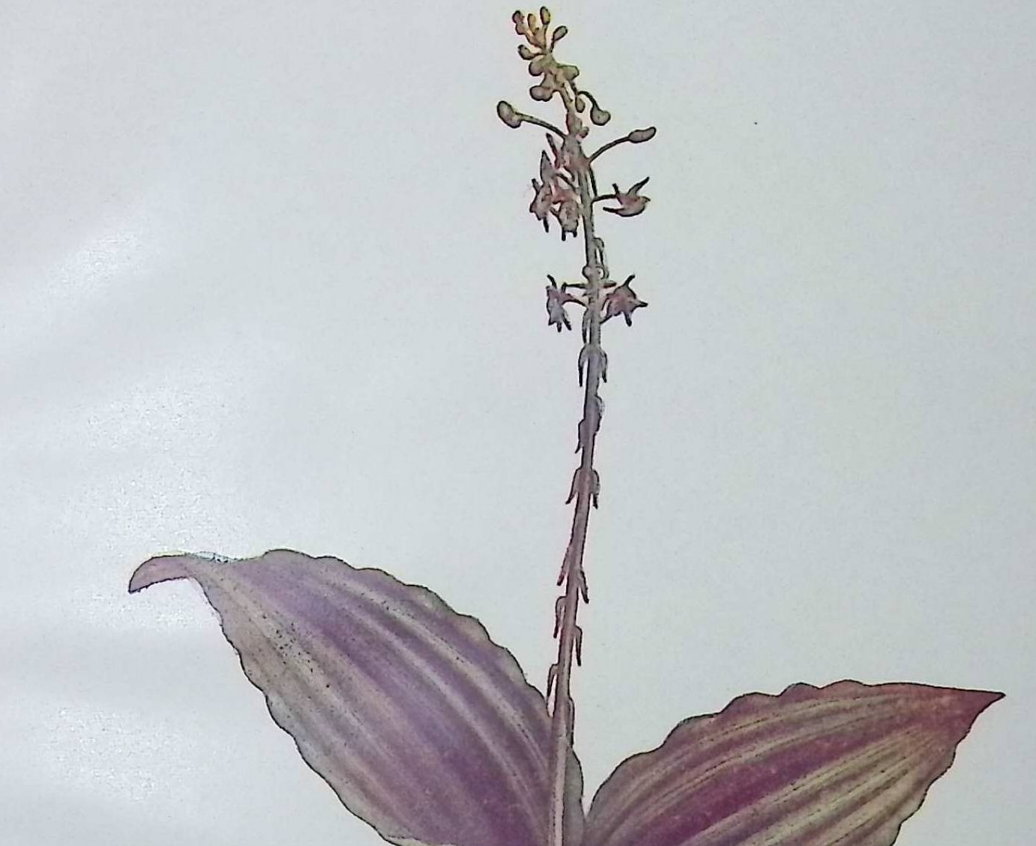
It is said to stimulate metabolic activity in tissue cell generally, and used as aphrodisiac and restorative. Generally the action of the drug is better when given with honey and pippali. As an astringent it is mostly used in diarrhoea of nervous origin. As an alterative its use is recommended in enlargement of gland.



Riddhi-Vriddhi—Habenaria Intermedia D. Don



Jivak—Microstylis Sp.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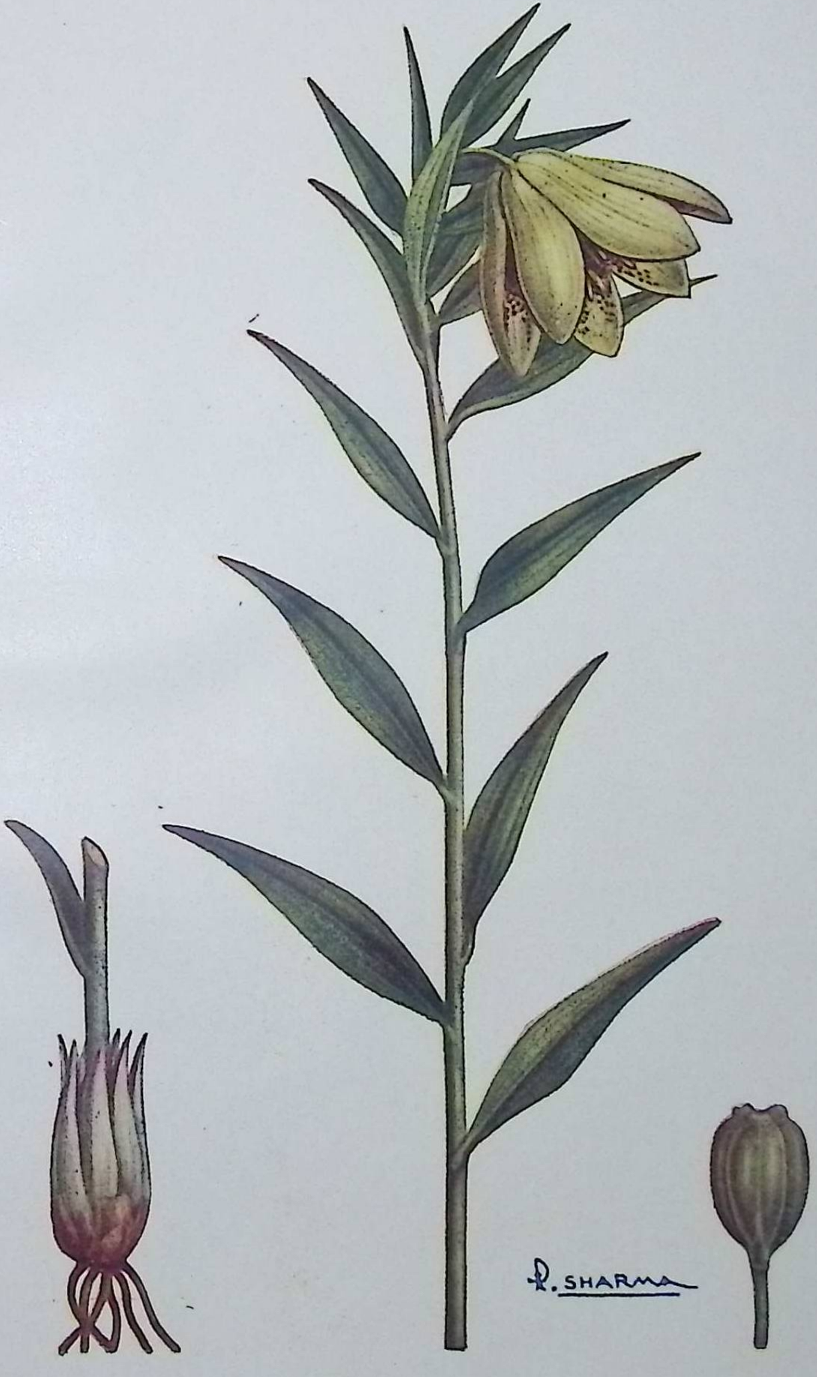
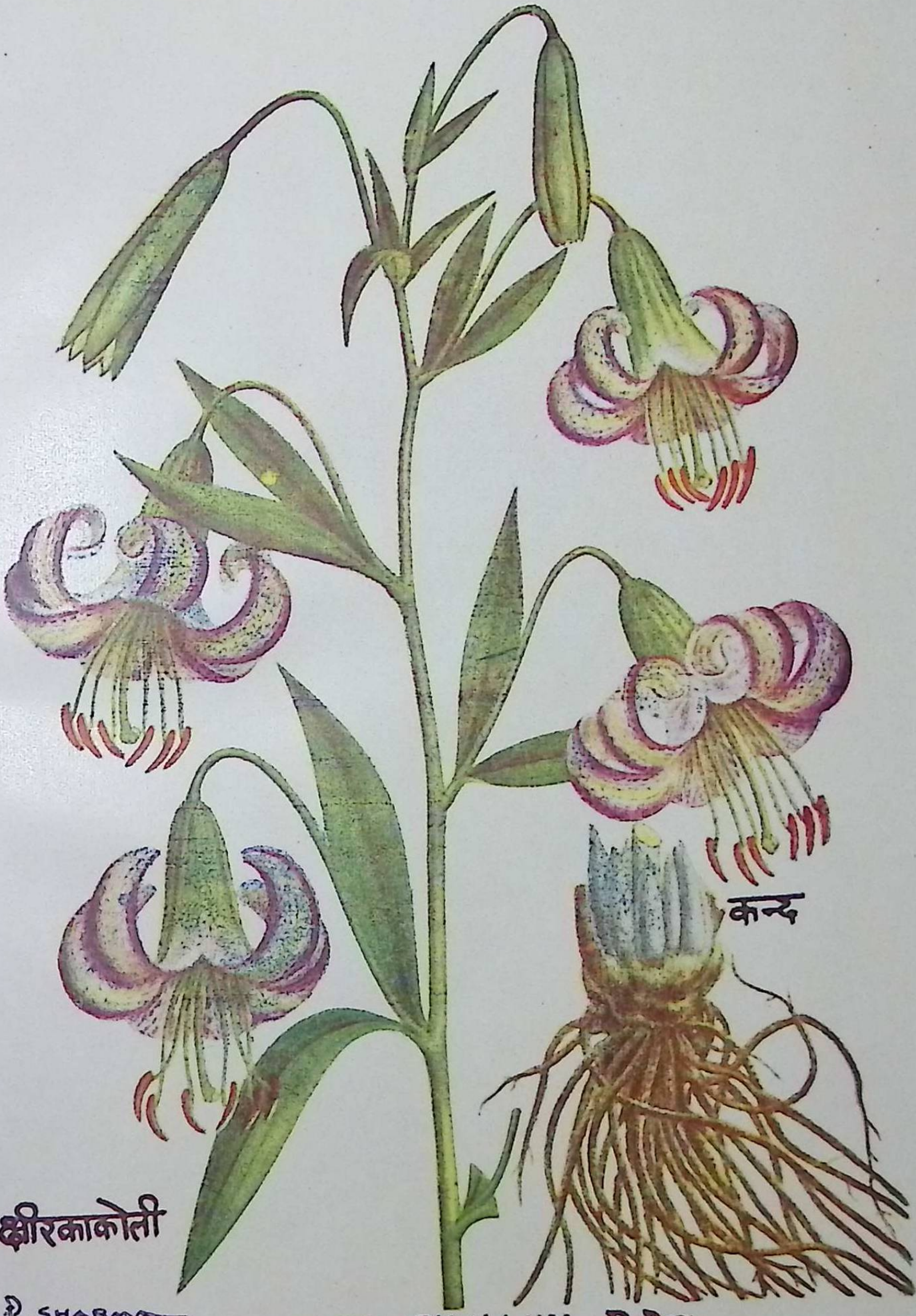
Rishbhak—Microstylis Wallichii, Lindil



Kakoli—Fritillaria oxypetala, Royle



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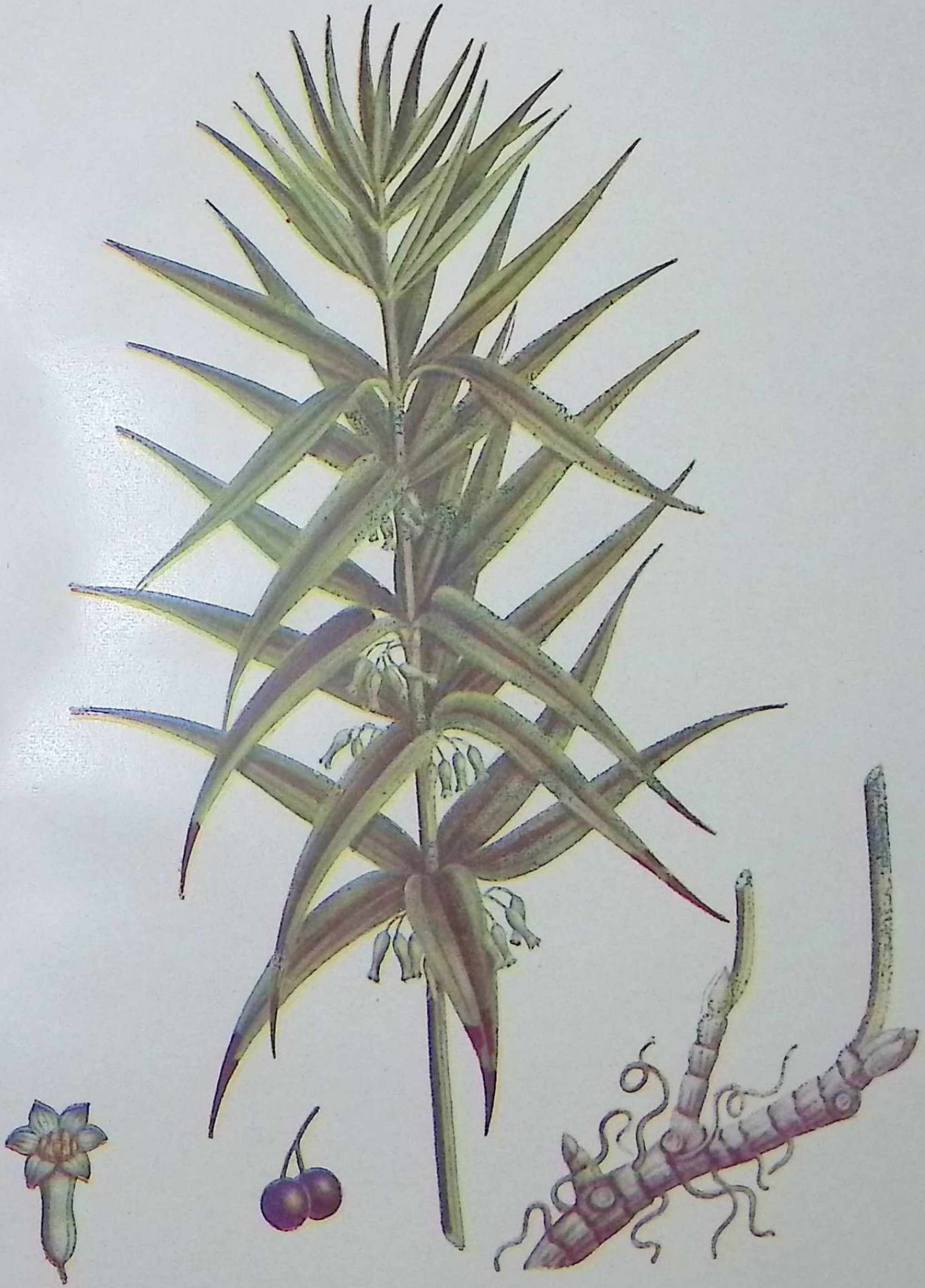
KSHIRKAKOLI—LILIUM POLYPHYLLUM D.Don.



Meda-Mahameda—Polygonatum Verticillatum, Moench

6. *Makaradhvaja* (*Red Sulphide of Mercury*)

Chemically makaradhvaja is identical with the red sulphide of mercury. Although gold is used in the preparation of makaradhvaja properly speaking it is a preparation of mercury and sulphur, sublimed in the form of red sulphide of mercury. The gold may possibly exercise some catalytic influence during the preparation of sublimation.

Makaradhvaja is given for general, sexual and nervous debility in convalescent patients after acute-illness, the brain fatigue from excessive mental work, habitual constipation, womb complaints after delivery and spermatorrhoea. It is used as an aphrodisiac. Makaradhvaja when used regularly as per the Ayurvedic system of medicine is a wonderful tonic and increases the longevity of the patient.

The drug is claimed as a sovereign remedy for failing circulation and cardiac asthenia. It relieves fermentative gaseous distention of the bowels and is an intestinal antiseptic.

7. *White sandal wood* (*Santalum album*)

Wood is bitter, cooling, sedative and astringent. Oil is astringent and disinfectant to the mucous membrane of the genito-urinary and bronchial tracts; also diuretic, expectorant and stimulant.

8. *Nagkeshar* (*Mesua ferrea*)

Dried blossoms, root and bark are bitter, aromatic and sudorific; bark is mildly astringent, unripe fruits are aromatic, acrid and purgative.

9. For action and uses of Pipal refer under main drug heading Raspipri rasa
10. ” ” “ of Kakrasinghi refer under main drug heading Raspipri Rasa
11. ” ” of Giloe refer under main drug heading Chandra Prabha Vati
12. ” ” of Munnaka refer under main drug heading Abhyarista
13. ” ” of Bariharre refer under main drug heading Panchsakar churna
14. ” ” of Purarnava refer under main drug heading Maharaj Prasarini Taila
15. ” ” of Agar refer under main drug heading Maha Narayan Taila
16. ” ” of Chhoti illachi refer under main drug heading Sitopaladi churna
17. ” ” of Dalchini refer under main drug heading Sitopaladi churna

Analytical Report

Organoleptic characters

Colour	Dark brown
Smell	Fragrant

Touch	Sticky
Taste	Sweet
Loss on drying at 110°	10. 66 per cent w/w
P^H value	5. 2

Sugar

Reducing	52. 55 per cent w/w
Non-reducing	13.435 per cent w/w
Total solid content	83. 68 per cent w/w
Specific gravity at 25°	1.431 per cent w/w
Fat content	7.162 per cent w/w

CHAPTER VIII

TAILA

Tailas are prepared after boiling with prescribed liquids and drugs as per formula. The main purpose of this preparation is to ensure that active therapeutic properties of the drugs are fully absorbed in Taila.

Baidyanath MAHAMASH TAILA

Active ingredients

Each 100 *ml. contains*

	Hindi	English	Botanical name	
1.	Til oil	Sesamum oil	Sesamum Indicum	112. 5 gms.
2.	Masha	Black gram	Phasedus roxburghii	100 gms.
3.	Dashmoola	Ten roots	—	100 gms.
4.	Ashwagandha	Winter cherry	Withania Somnifera	0.39 gms.
5.	Satavar	Asparagus	Asparagus racemosus	0.39 gms.
6.	Sendha lavan	Rock salt	Sodium chloride	0.39 gms.
7.	Kuth	Costus	Saussurea lappa	0.39 gms.
8.	Astavarga	Eight vital roots	—	3.12 gms.
9.	Mulathi	Sweet wood	Glycyrrhiza glabra	0.39 gms.
10.	Manjistha	Indian madder root	Rubia cordifolia	0.39 gms.

Pharmacological actions and therapeutic uses of the compound preparation as a whole

Useful as massage for neuralgia and various body pain in old age diseases and paralysis, it is also demulcent and emollient.

Dose:—Quantity sufficient for external use

Action & uses of the individual ingredients

1. *Masha* (*Black Gram*)

It is demulcent, cooling as well as nutritious, aphrodisiac, lactagogue and nervine tonic.

It contains albuminoids 22.7%; starch 55.8%, oil 2.2%; fibre 4.8% and ash containing Phosphoric acid 4.4%. It has larger proportion of starch, oil and ash than the yellow seeds of P. mungo. An analysis of some samples shows moisture 6.05% to 11.95%, Ether extract 1.25 to 2.60%; Albuminoids 19.81 to 27.50%, (Containning Nitrogen 3.17 to 4.40%; soluble carbohydrates 50.05 to 60.69%; woody fiber 4.25 to 5.90% and ash 3.45 to 5.35 containing sand 0.15 to 1.00% respectively).

Medicinally it is employed both internally and externally; internally in gastric catarrh, dysentery, diarrhoea, cystitis, paralysis and rheumatism, affection of oil containing this pulse as their basis are useful for external application as a poultice in rheumatism, contracted knee and stiff shoulder.

2. *Ashwagandha* (*Wintercheery*)

Tonic, alterative, astringent, aphrodisiac and nervine sedative. Root is used as an application in obstinate ulcers and rheumatic swelling. Root is used in consumption, emaciation of children, senile debility, in all cases of general debility, nervous exhaustion, brain-fag, loss of memory, loss of muscular energy and spermatorrhoea. In rheumatism a ghrita and oil prepared with a decoction and paste of the root is used internally and externally both.

3. *Satavari* (*Asparagus racemosus*)

Root is highly mucilagenous, antidiarrhoetic, refrigerant, diuretic, antidysenterric, nutritive, tonic, demulcent, galactagogue, aphrodisiac and antispasmodic. It contains large amount of saccharine matter and mucilage. Medicated oil containing asparagus is used externally in rheumatism, diseases of the joints, stiff-neck, hemiplagia and other diseases of the nervous system. Root boiled with some bland oil, is used in various skin diseases and rheumatism.

4. *Kuth* (*Costus*)

Essential oil and glucoside are pharmacologically active bodies. Essential oil has carminative and strong antiseptic and disinfectant properties, especially against the streptococcus and staphylococcus, and is an expectorant and diuretic, it relaxes the involuntary muscle tissue and is a cardiac stimulant.

Roots contain an odorous principle composed of two liquid resins, an alkaloid, a solid resin, salt of veleric acid an astringent principle and ash which contains manganese. The oil of the root contains camphene 0.04%, phellandrene 0.4%, trepene alcohol 0.2% ∝costene 6.0%, β-costene 6.0%, aplotaxene 20.0%, costal 7.0%, dihydrocostus lactone 15.0%, costus lactone 10.0%, costic acid 14.0%. Active principle of the root are (a) an essential oil of a strong aromatic penetrating and fragrant odour 1.5%, (b) a glucoside and (c) an alkaloid saussurine 0.05%. Alkaloid saussaurssaine in leaves "0.025%, resine 6.0%, trace of bitter substance; small quantities of tannin; inulin about 18.0%; a fixed oil; potassium nitrate and sugar, but the leaves do not contain the essential oil.

Its root have been used as a carminative, antiseptic, anthelmintic, astringent, sedative, insecticidal, tonic, alterative, antispasmodic and aphrodisiac, and as aromatic, stimulant, in the form of infusion with small cardamom. It is used in cough, asthma, chronic rheumatism and skin diseases.

5. *Manjista* (*Indian Madder*)

Dried root is astringent and diuretic, is used in dropsy, paralysis, jaundice, amenorrhoea and visceral obstruction.

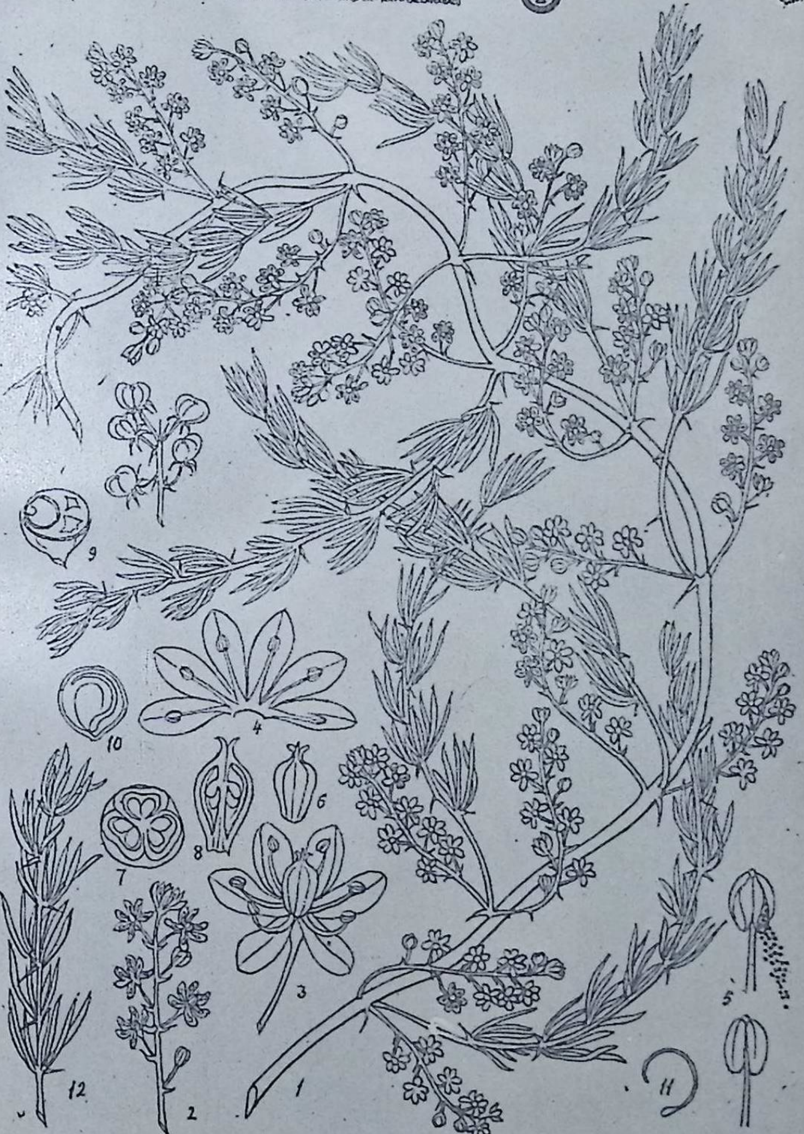
Root contains resinous and extractive matter, gum, sugar, colouring matter and salt of lime. Colouring matter consists of a red crystalline principle—purpurin, a yellow principle glucoside-manjistine, garancin, alizarin (orange red) and xanthine (Yellow). Manjista root made into a paste with honey is very valuable application for freckles and other discolouration of the skin; also in external inflammations, ulceres and skin diseases. Root rubbed in to a paste with kanjika is applied over fractures to reduce inflammation and swelling.

6. *Dashmoola* (10 *roots*)

I. Bael (*Bilva*)

It is sweet, aromatic, cooling, alterative, nutritive and laxative. It is very valuable in habitual constipation, chronic dysentery and dyspepsia. It is one of the ingredients in the Dashmoola. It is useful in intermittent fever, in hypochondriasis, melancholia and palpitation of the heart.

SHREE **Baidyanath** AYURVED BHAWAN LIMITED
MANUFACTURERS & EXPORTERS OF AYURVEDIC PROPRIETARY & PATENT
MEDICINES INCLUDING HERBS AND CRUDE DRUGS
CALCUTTA · PATNA · JHANSI · NAGPUR · NAINI (ALLAHABAD)



ASPARAGUS RACEMOSUS WILLD [SHATAVARI]

SHREE Baidyanath AYURVED BHAWAN LIMITED

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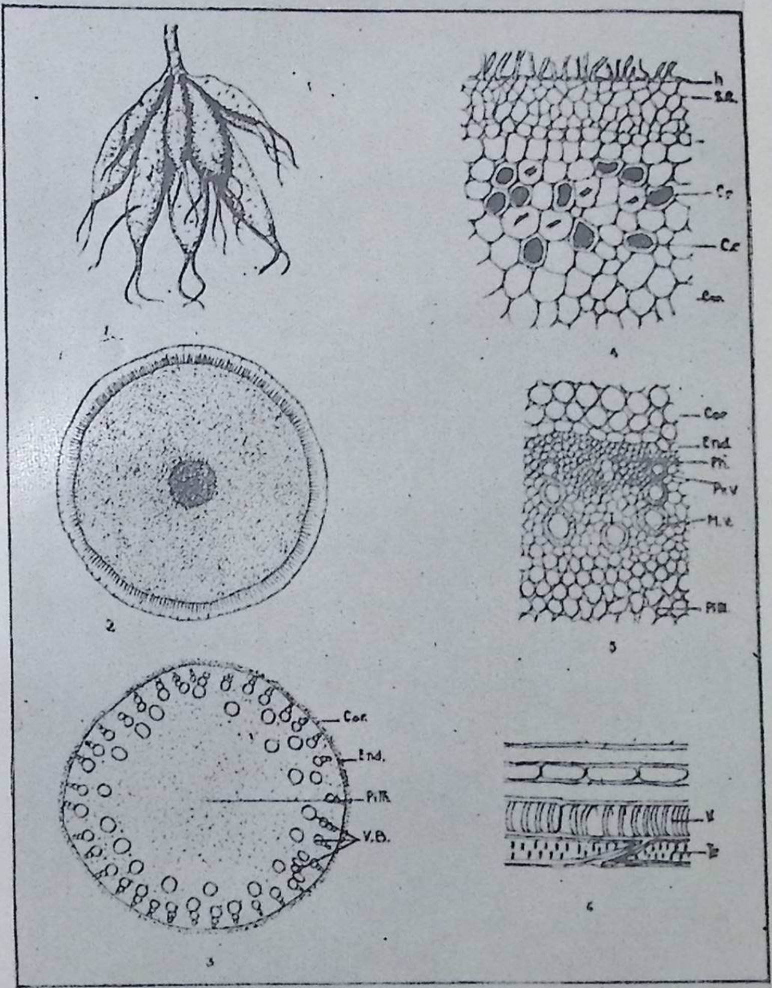


ASPARAGUS RACEMOSUS (SHATAVARI)

Fig. 1. Diagram of the root— × ½.
Fig. 2. Transverse section of the root (diagrammatic)— × 5.
Fig. 3. Transverse section of the central portion of the root (diagrammatic) — × 80.
Fig. 4. Transverse section of the cork— × 175.
Fig. 5. Transverse section of xylem portion— × 175.
Fig. 6. Longitudinal section of xylem portion — × 175.
Cor, cortex ; End., endodermis ; Ph.
h, hairs ; S.C., storied cork ; Cr, crystals ; C.c, cell contents ;
loem ; Pr. V., protoxylem vessel ; M. V, metaxylem vessel ; V, vessel ; Tr, tracheid ; V. B. vascular

By courtesy of the book pharmacogonosy of Indian Root and Rhizome

II. Ganikarika (*Clerodendrene phomides*)

Sstomachic, carminative, alterative and tonic. The roots contain resin, bitter alkaloid and tannin. Root is very useful in erruptive fever, colic, flatulence, rheumatism and neuraligia.

III. Sonapatha (*Oroxylum indicum*)

Root bark is astringent, bitter, tonic, stomachic, anodyne and sudorific, It is useful in diarrhoea and dysentery. Root bark is frequently employed in rheumation.

IV. Gambhari (*Gmelina arborea*)

Root bark is demulcent, stomachic, bitter tonic, refrigerant and laxative. Root contains a yellow viscid oil, resin, an alkaloid, a trace of benzoic acid and ash free from manganese.

It is given as a galactogogue in cases of scanty secretion of milk in women, and benefit in gonorrhoea and catarrh of the bladder. To prevent abortion in the early stage of pregnancy a powder of the root bark with mangista and satavari is given in milk. The stem extract also showed antiviral activity.

V. Patala root (*Stereospermum suaveolens*)

It is useful in dyspepsia, fever, cough and dropsy. Infusion of the bark is used as refrigerant and diuretic.

VI. Shalparani (*Desmodium gangaticum*)

Bitter, tonic, febrifuge, digestive and anticatarrhal, alterative and tonic, root contains extractive, a yellow resin, oil and an alkaloid ash 6%. Its decoction is considered to be antipyretic, alterative and bitter tonic.

VII. Prasaniparni (*Uraria picta*)

It is alterative, tonic, anticatarrhal and abortifacient, but is seldom used alone. Its extract is used in rheumatism, fever, bleeding piles and catarrh.

VIII. Gokhru chhota (*Small caltrops*)

Plant and dried spiny fruit are used as cooling, demulcent, diuretic, tonic and aphrodisiac.

The plant and dried spiny fruits are used in decoction from in cases of spermatorrhoea, phosphaturia, diseases of the genito-urinary system such as dysuria, gonorrhoea, gleet, chronic cystitis, calculus incontinance of urine, gout and impotency; also in uterine disorders.

Its fruits contains an alkaloid, a resin, fat and mineral matter 14%. The fruit contains (1) an alkaloid in traces 0.001% (2) a fixed oil 3.5% consisting mainly of unsaturated acids; (3) an essential oil in very small quantities; (4) resins, and (5) fair amount of nitrates. An aqueous solution of the tartrate of the alkaloid, after removal of the alkaloid was found to contain sugar.

IX. Birhatti (*Night shade*)

Plant is aphrodisiac, astringent, carminative, cardic tonic and resolvent. It is useful in asthma, dry cough, difficult partiurition, chronic febrile affections, colic with flatulence and also dysuria, *X. Kantakari (Solanum xanthocarpum)*

Plant of kantakari is aperient, pungent, bitter, digestive, alterative and astringent. Root is an effective diuretic, expectorant and febrifuge.

Analytical Report

Organoleptic characters

Colour	Dark brown
Smell	Pleasent
Touch	Oily
Taste	Slightly bitter
Loss on drying at 110°	Negligible
Ash value	”
Acid value	2.36
Saponification value	165.5
Iodine value	087.0

Baidyanath MAHANARAYANA TAILA

Active ingredients

Hindi	**English**	**Botanical name**	**Percent**
1. Rasna	—	Vanda roxburghii	0.78%
2. Ashwagandha	Winter cherry	Withania somnifera	0.78%
3. Saunf	Sweet fennel	Foeniculum vulgare	0.78%
4. Deodaru	Pinus deodar	Cedrus deodar	0.78%
5. Kath	—	Acacia catchu	1.53%
6. Shalparni	—	Desmodium gangeticum	0.78%
7. Prisnaparni	—	Uraria picta	0.78%
8. Moogadh parni	—	Phaseolus trilobus	0.78%
9. Mashparni	—	Termonus labialis	0.78%
10. Agar	Aloe wood	Aquilaria agallocha	0.78%
11. Nag-keshar	Cobra's saffron	Mesua ferrea	0.78%
12. Tagar	—	Valeriana wallichii	1.78%
13. Sandha lavan	Rock salt	—	0.78%
14. Jatamansi	Indian spikenart	Nardostachyas jatamansi	0.78%
15. Haldi	Turmeric	Curcuma longa	0.78%
16. Daruhaldi	Berberry	Berberis aristata	0.78%
17. Illaichi	Cardamam	Elettari cardamomum	0.78%
18. White sandal wood	Sandal white	Santalum album	0.78%
19. Bari Illaichi	Cardmom large	Amomum subulatum	0.78%
20. Mangistha	Indian madder	Rubia cordifolia	0.78%
21. Mulethi	Sweet wood	Glycyrrhiza glabra	0.78%
22. Nagarmotha	—	Cyperus scariosus	0.78%
23. Tejpat	Cassia cinnamon	Cinnamomum tamala	0.78%

24. Bhringaraj	—	Eclipta alba	0.78%
25. Astavarga	Eight vital roots	—	0.78%
26. Sugandhabala	—	Valerina wallichii	0.78%
27. Buch	Sweet flag	Accorus calamus	0.78%
28. Palashmool	Bastard teak	Butea frondosa	0.78%
29. Punarnava mool	Spreading low weed	Boerhaavia diffusa	0.78%
30. Choor puspi	—	—	0.78%
31. Bael chhal	Bael bark	Aegla marmelos	7.81%
32. Ashwagandha	Winter cherry	Withani somnifera	7.81%
33. Bari katari	—	Solanam indicum	7.81%
34. Gokshura chhota	—	Tribulus terrestris	7.81%
35. Sonapatha	—	Oroxylum indicum	7.81%
36. Khareti panchanga	Sida	Sida cordifolia	7.81%
37. Choti katari	—	Solanum xanthocarpum	7.81%
38. Punarnava	Spreading log weed	Boerhaavia diffusa	7.81%
39. Atibala	Country mallow	Abutilon indicum	7.81%
40. Ganiar	—	Premna integirfolia	7.81%
41. Gandha prasarni	Chinies flower plant	Paederia foetida	7.81%
42. Patha	Valvet leaf	Caissampelos pareira	7.81%
43. Satavar	—	Asparagus racemosus	100. %
44. Keshar	Saffron	Crocus sativus	0.25%
45. Kasturi	Musk	Moschus moschiferus	0.25%
46. Kapoor	Camphor	Camphora officinarum	0.31%

Pharmacological actions and therapeutic uses of the compound preparation as a whole

Mahanarayan taila is used as anodyne and sedative in muscular pain, sciatica, lumbago, neuralgia, monoplegia, hemiplegia & other paralytic and other inflammatory affections like gout and rheumatism.

Dose:—Quantity sufficient for external use.

Action & uses of the individual ingredient

It is aromatic, cooling, alterative and nutritive. When taken internally it possesses laxative properties. It is very useful in patients suffering from chronic dysentery, diarrhoea and constipation. Unripe fruit is astringent, stomachic, and antipyretic. It is also applied to inflammed parts.

2. *Ashwagandha* (*Winter cherry*)

In general ashwagandha is used as a good sex stimulant aphrodisiac, and rejuvenator. It is of value in nervous disorders, insanity, hypertension, ulcer and swelling. It is indicated as a tonic in geriatrics.

Fruits are also considered as diuretic and to coagulate milk. Root is diuretic and deobstruent, tonic, alterative and aphrodisiac. It is given in consumption, emaciation of children, senile debility, rheumatism, in all cases of general debility, nervous exhaustion, brain fag, loss of memory, loss of muscular energy and spermatorrhorea. It infuses fresh energy and vigour in a system worn out owing to any constitutional disease like syphilis and rheumatic fever.

The leaves are supposed to reduce/pus formation, inflammation and to promote healing process. In cases of rheumatism, gout, skin diseases and various types of swelling, it is usefully mixed with other Ayurvedic drugs.

The total alkaloid fraction Ashwagandholine and two saponins possess mild central nervous system depresent activity.

3' *Gokshura* (*Tribulus terristris*)

Tonic, diuretic, demulcent and refrigerant. Its decottion is very useful in rheumatism. In combination with other Ayurvedic drugs it is given in general debility.

4. *Satavar* (*Asparagus racemosus*)

The root is highly mucilagenous, demulcent, diuretic, aphrodisiac, antispasmodic, antidiarrhoetic, antidysenteric and nutritive tonic. It is very useful in rheumatism, and diseases of the joint pain. Root when boiled with some bland oil is used in various skin diseases, and also in rheumatism.

5. *Agar* (*Aloe-wood*)

Used as a perfume in the form of powder and internally as stimulant, cholagogue and deobstrurent. It is an ingredient of various nervine tonic, carminative and stimulant preparations. It is used in gout and ulcer.

In this way all ingredients of Mahanarayan taila are individually very useful as antirheumatic.

Analytical Report

Organoleptic characters

Colour	Yellowish brown
Smell	Pleasant
Touch	Oily
Taste	Slightly bitter
Loss on drying at 110°	Negligible
Refractive index at 40°	1.420
Ash value	Negligible
Acid value	4. 2
Saponification value	186. 0
Iodine value	092. 0

Baidyanath MAHARAJ PRASARINI TAILA

Active ingredients

Each 100 *ml. contains*

Hindi	English	Botanical name	
1. Gandha prasarini	Stinking opal berry	Paederia foetida	100. gms.
2. Piyabasa	—	Barleria prionitis	66. 6 gms.

3. Ashwagandha	Winter cherry	Withania somnifera	16.65 gms.
4. Erand-mool	Castor oil plant	Ricinus communis root	16.65 gms.
5. Bala	Country mallous	Sida cordifolia	16.65 gms.
6. Satavar	Asparagus	Aspargus racemosus	16.65 gms.
7. Rasna	—	Vandaroxburghii	16.65 gms.
8. Punarnava	Spreading hog weed	Boerhaavia diffusa	16.65 gms.
9. Katuki	Picrohiza	Picrorrhiza kurrooa	16.65 gms.
10. Dasmoola	Ten roots	—	16.65 gms.
11. Laksha	Lac	Cocculus lack	10. 0 gms.
12. Lodhra	Lodh	Symplocos recemosa	10. 0 gms.
13. Goat meat	Meat	—	100. gms.
14. Manjista	Madder root	Rubia cordifolia	40. gms.
15. Til oil	Sesamum	Sesamum indicum	93. 3 gms.

Pharmacological actions and therapeutic uses of the compound preparation as a whole

The drug used as an anodyne especially indicated in acute and chronic rheumatism, gout, hemiplegia, monoplegia, paraplegia and other paralytic conditions.

It is also used as demulcent and emolient.

Dose:—Quantity sufficient for external use.

Action & uses of the important individual ingredient

1. *Gandha prasarini* (*Pederia foetida*)

It is used externally in rheumatism associated with contraction and stiffness of the joints. After the application of the oil the affected parts should be fomented with dry heat. Its entire plant including stem, leaves and root are used both internally and externally in rheumatic affections for which it is a specific.

It contains an essential volatile oil of an offensive odour, two alkaloids, viz. Alpha paederine and Beeta paederine. The plant gives off, when bruised a marked odour of carbon disulphide.

2. *Ashwagandha* (*Winter cherry*)

Tonic, alterative, astringent, aphrodisiac and nervine sedative. Root is used as an application in obstinate ulcers and rheumatic swelling. Root is used used in consumption, emaciation of children, senile debility, in all cases of general debility, nervous exhaustion, brain-fag, loss of memory, loss of muscular energy and spermatorrhoea. In rhumatism a ghrita and oil prepared with a decoction and paste of the root is used inernally and externally both.

3. *Erand-mool* (*Castor oil plant root*)

The root of the plant is very useful as an ingredient of various prescription for nervous diseases and rheumatic affection like lumbago, pleurodynia and sciatica. Dried root is also used as a febrifuge. Castor oil is used as a safe purgative.

4. *Bala* (*Sida cordifolia*)

It is very useful in treatment of rheumatism. Stem abounded in mucilage and is employed as demulcent and emollient both for external and internal use;

useful in calculous troubles and as a febrifuge with pepper. It is also useful in scorpion sting.

5. *Satavar* (*Asparagus acemosus*)

Root is highly mucilagenous, antidiarrhoetic, refrigerant, diuretic, antidysenteric, nutritive, tonic, demulcent, galactagogue, aphrodisiac and antispasmodic. It contains large amount of saccharine matter and mucilage. Medicated oil containing asparagus is used externally in rheumatism, diseases of the joint, stiff-neck hemiplagia and other diseases of of the nervous system. Root boiled with some bland oil is used in various skin diseases and rheumatism.

6. *Rasna* (*Vanda roxburghii*)

Rasna root is fragrant, bitter. It contains an alkaloid. It enters in the composition of several medicated oils used for external application in Ayurvedic medicine in diseases like rheumatism and arthritic disorders, and also paralytic diseases of the nervous system. It is indicated as remedy for secondary syphilis and scorpion sting.

7. *Punarnava* (*Boerhaavia diffusa*)

It is very useful as an application with oil to rheumatic and gouty painful joints.

The drug is a good diuretic, also useful in urinary disorders and nephrotic syndrome where it produces an overall improvement such as decrease in albuminuria, and a fall in serum cholestrol level. The plant considered to be useful in the treatment of eye diseases has been identified as boerhaavia verticillata, which was found to contain a sapogenin and alkaloid, punarnavine, in much larger quantities than B. diffusa and Triant*n*ma monogyna, also a source of sweta punarnava. Hentriacontance B-sitosterol and uroslic acid have been isolated from roots of B. diffusa. A sterol isolated from the root was identified as B-sitotsterol.

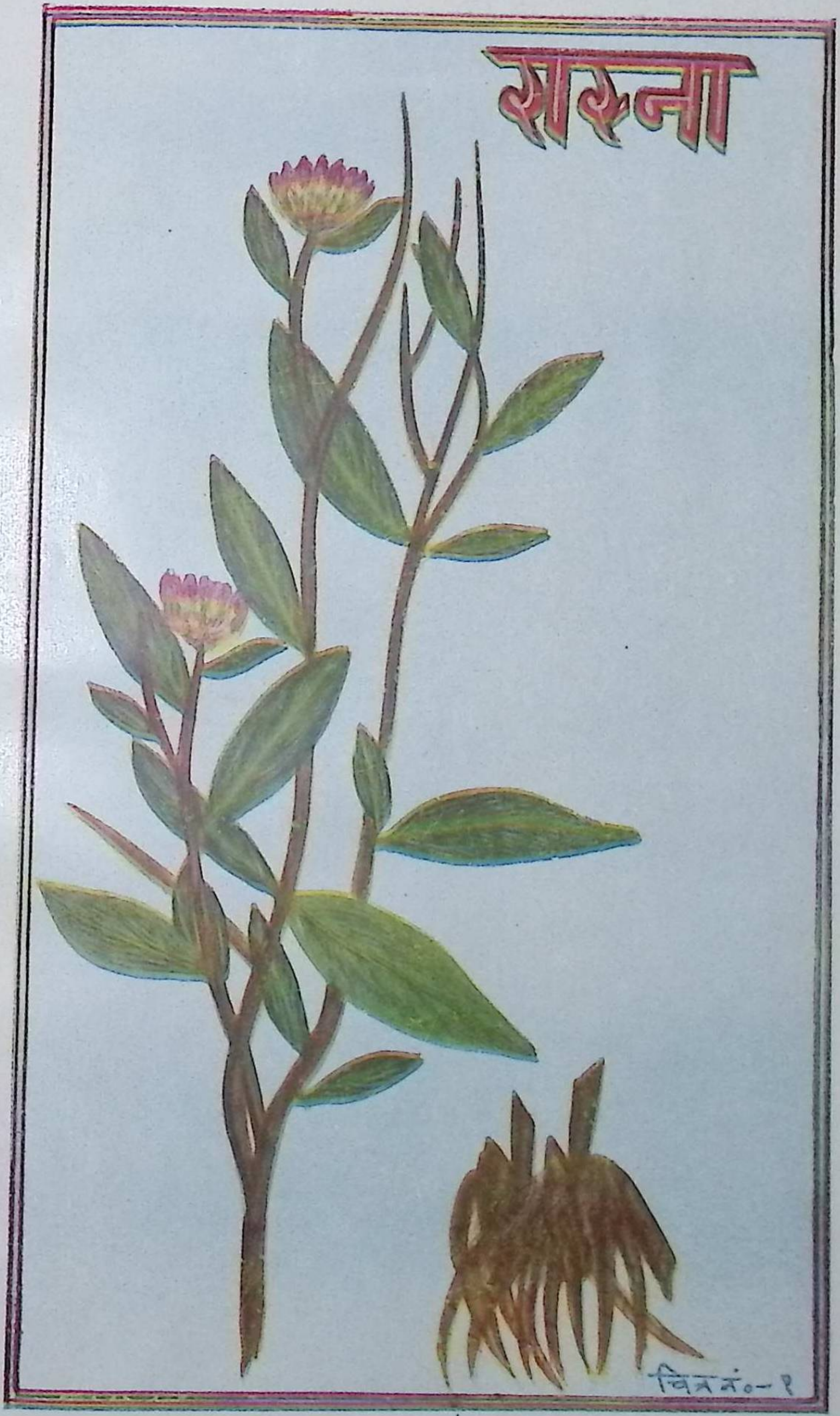
8. *Laksha* (*Lac*)

Oil prepared with lac as an important ingredient is applied to the chest in remittent fever accompanied by cough and dyspnoea; also used in lumbago myalgia, epilepsy and hysteria, as an application to the nape of the neck and spine as an anodyne and antiphlogistic lack is also used as a stimulant application to indolent, scrofulous ulcer.

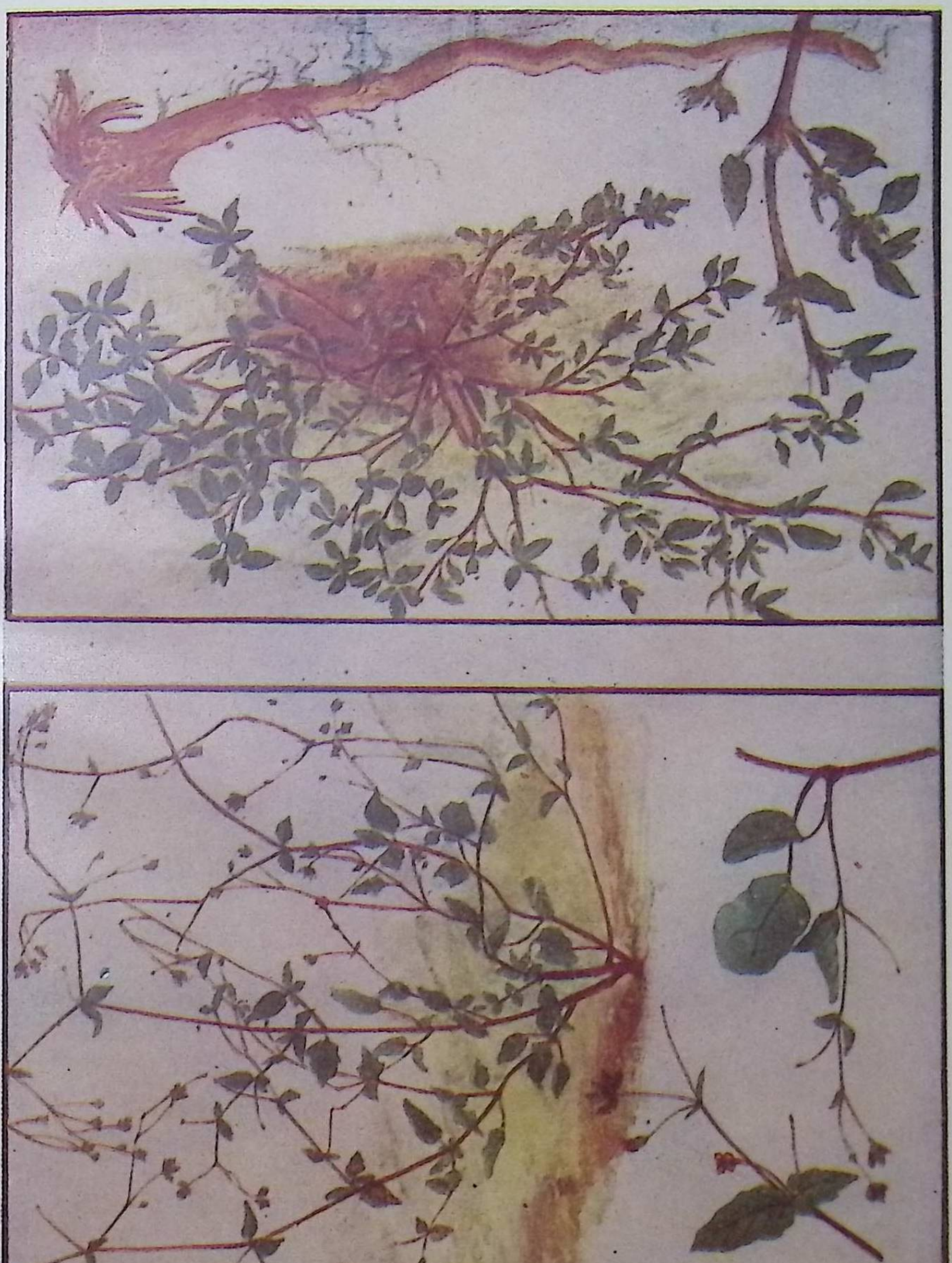
9. *Manjista* (*Indian madder*)

Dried root is astringent and diuretic, is used in dropsy, paralysis, jaundice, amenorrhoea and visceral obstruction.

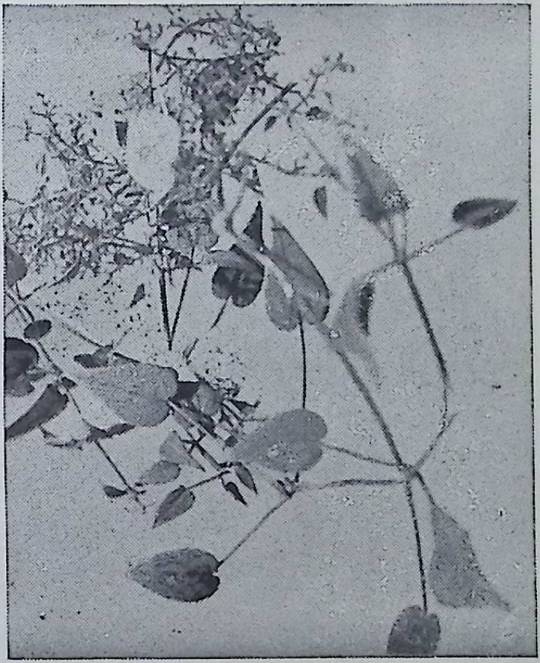
Root contains resinous and extractive matter, gum, sugar, colouring matter and salt of lime. Colouring matter consists of a red crystalline principle-purpurin, a yellow principle glucoside-manjistine, garancin, alizarin (orange red) and xanthine (yellow). Manjista root made into a paste with honey is very valuable application for freckles and other discolouration of the skin; also in external inflammations, ulcers and skin diseases. Root rubbed in to a paste with kanjika is applied over fractures to reduce inflammation and swelling.



Rasna—Vanda roxburghii



Punarnava—*Boerhaavia diffusa*



Manjista—Rubia cordifolia

CHAPTER IX

ASHAVA AND ARISTA

Ashavas and aristas are liquid preparations containing self-generated alcohol. Thus they contain water soluble as well as alcohol soluble substance of the drugs. Ahsavas and aristas differ from each other owing to their difference in method of preparation.

Ashavas are preparations which are subjected to fermentation for an alloted period with all its specific ingredients mixed with certain quantity of water unboiled, while aristas are preparations which are subjected to fermentation for a specific time after boiling the main decoction subtances and the adding other ingredients.

Ashavas and aristas as they are called so due to their instantaneous effect over the body generally bear their names after the main ingredients which may constitute of plants, fruits, roots, extracts, leaves and barks. The jaggary, sugar or honey with water are the other ingredients. Prakshep a (fragrant or soft material) to be added after the fermentation.

The principle underlying is that when drugs are kept in fluids with some fermenting agents and sealed, a kind of Alcohol is generated facilitating the active therapeutic principle of the drug to get disolved in the preparation.

Baidyanath ABHAYARISTA

Active ingredients

Each 30 ml. contains

Hindi	English	Botanical name	
1. Harre	Myrobalan	Terminalia chebula	12 gms.
2. Munnaka	Dried grapes	Vitis vinifera	6 gms.
3. Vidanga	Embelia	Embelia ribes	1. 2 gms.
4. Guda	Jeggary	—	19. 2 gms.
5. Gokshuru chhota	Small caltrops	Tribulus terrestris	0.24 gms.
6. Nishoth	Indian Jalap	Ipomoea turpenthum	0.24 gms.
7. Dhania	Coriander	Coriandrum sativum	0.24 gms.
8. Chavya	—	Piper chaba	0.24 gms.
9. Saunf	Indian sweet fennel	Foeniculum vulgare	0.24 gms.
10. Sonth	Ginger	Zingiber officinalae	0.24 gms.
11. Indrayan	Colocynth	Citrullus colocynthis	0.24 gms.
12. Dantimool	Wild croton root	Baliospermum montanum	0.24 gms.
13. Mochras	—	Bombax malabricum	0.24 gms.
14. Madhuka	Indian butter	Bassia Latifolia	0.24 gms.

Pharmacological actions and therapeutic uses of the compound preparation as a whole

The drug is used as a carminative, appetiser, indicated in intestinal disorders, colietis, constipation, splenic disorders and piles.

It is also useful in some cardiac diseases.

Dose:—15 to 30 ml. with equal quantity of water.

Action & uses of the individual ingredient

1. *Harre* (*Myrobalan*)

Myrobalans are safe effective purgative (gentle laxative), astringent and alterative. Unripe fruits have more marked purgative action. Ripe fruits also remove bile and phlegum.

Myrobalans contain astringent principles tannin (Tannic acid) 45%, large amount of gallic acid, mucilage, a brownish yellow colouring matter chebulinic acid which when heated in water splits up into tannic and gallic acid.

2. *Munnaka* (*Dried grapes*)

It is demulcent, laxative, refrigerant, stomachic, diuretic and cooling. Raisin (dried grapes) are laxative, demulcent and expectorant; also considered as alterative and blood-purifier.

The analysis of common varieties when ripe contains moisture 72.8 to 77.2%, Ash 0.36 to 0.64%, acidity in grams of H_2SO_4 0.23 to 0.53% and total reducing sugar 15.69 to 18.60%. Fruits contain grape sugar, glucose, gum, tannin, tartaric, citric, racemic and malic acids, chlorides of potassium and sodium, sulphate of potash, tartrate of lime, magnesia, alum, iron, some albumin, ozotised matters and acid tartrate of potassium. Grape is useful as stimulant, tonic, diuretic and diphoretic. It is also indicated in indigestion and dyspepsia. It acts as a good appetiser and tonic.

3. *Vidanga* (*Embelia ribes*)

Fruits or dried berries are carminative, anthelmintic, stimulant and alterative. Pulp is purgative. Fresh juice is cooling, diuretic and laxative.

Dried berries are useful to expel intestinal worms especially tape worm. It is given internally for piles. Recent clinical studies on extracts of berries of E. ribes showed that the drug was effective as an ascaride, no purging was required and no evidence of toxicity was observed during and after treatment.

4. *Gokhru chhota* (*Small caltrops*)

Plant and dried spiny fruit are used as cooling, demulcent, diuretic, tonic and and aphrodisiac.

The plant and dried spiny fruits are used in decoction form in cases of spermatorrhoea, phosphaturia, diseases of the genito-urinary system such as dysuria, gonorrhoea, gleet, chronic cystitis, calculus incontinance of urine, gout and impotency; also in uterine disorders.

Its fruits contain an alkaloid, a resin, fat and mineral matter 14%. The fruit contains (1) an alkaloid in traces 0.001% (2) a fixed oil 3.5% consisting mainly of unsaturated acids; (3) an essential oil in very small quantities; (4) resins, and (5) fair amount of nitrates. An aqueous solution of the tartrate of the alkaloid, after removal of the alkaloid was found to contain sugar.

5. *Nishoth* (*Indian Jalap*)

Root and root bark which are in common use are cathartic and laxative. It is very useful in jaundice. Bark of the fresh root is combined with the three myrobalans, long pepper, ginger, hyoscyamus niger, and beliospermum montanum, forms an ideal laxative. It is useful in melancholia, gout and dropsy.

6. *Dhania* (*Coriander*)

Fruits are aromatic, stimulant, carminative, stomachic, antibilious, refrigerant, tonic, diuretic, and aphrodisiac. Fresh leaves are pungent and aromatic.

Coriender is used as decoction in sore throat, flatulence, indigestion, vomiting, other intestinal disorders, common catarrh and bilious complaints.

The green vegetable contains 84.00 moisture and the dried material contains ether extract 3.12, albuminoids 24.46, soluble carbohydrate 43.30; woody fiber 9.75 and ash 19.37 respectively. Fruits yield a volatile essential oil 1%, fixed oil 13%, fatty matter 13%, mucilage, tannin, malic acid and ash 5%. Coriander oil contains coridendrol, an alcohol 2-d-pinene, 1-pinene, geraniol and baborneol.

7. *Chavya* (*Piper chaba*)

Fruits are considered aromatic, stimulant and carminative. Fruit is occasionally used in medicine for cough, cold and throat affections, also in renal colic and other renal diseases.

8. *Saunf* (*Indian sweet funnel*)

Dried ripe fruit and its essential oil are used as stimulant, aromatic, carminative, diuretic, emmengogue and purgative, fennel fruit yields about 3 to 5% of volatile oil of a plesant aromatic odour. Oil is useful in flatulance and checks the griping of purgatives.

9. *Sonth* (*Ginger*)

Ginger is aromatic, carminative, stimulant to the gastro-intestional tract and stomachic, also sialagogue and digestive. Externally, a local stimulant and rubefacient.

Indian ginger contains an aromatic volatile oil 1 to 5%, of light yellow colour having a characteristic odour and containing camphene, phellandrene, zingiberine, cineol and borneol; gingerol a yellow pungent body, an oleo-resin "gingerin" the active principle other resins and starch; potassium-oxalate. The essential oil and resin, to which ginger owes its pungent flabour, occur just beneath the skin or epidermis.

Ginger is extremely valuable in dyspepsia, flatulence, colic, vomiting, spasms and other painful affection of the stomach and the bowels.

10. *Indrayan Colocynth*)

Colocynth is drastic hydrogogue-cathartic, and diuretic; in large doses it acts an emetic gastro intestinal irritant; in small doses it is expectorant and alterative.

Pulp contains colocynthin, a glucoside 14% also colocynthein (a resin) colodynthetin, pectin, gum and ash 11%. Seeds contain a fixed oil 17%, albuminoids 6% and ash 3%. Colocynthitin is a crystalline powder soluble in ether and insoluble in water.

This drug is extensively used as a drastic purgative, also in biliousness and intestinal parasites.

11. *Mochras* (*Bombax malabaricum*)

Gum called mocharas contain tannic and gallic acid. Gum is astringent and styptic. It is used as a surgical dressing, after cleaning of wounds. It is useful in diarrhoea, dysentery, menorrhagia and other affections.

12. *Madhuka* (*Bassia latifolia*)

Fresh juice is alterative and the spirit distilled from the flower is a powerfully diffusible stimulant and an astringent, tonic and appetiser.

Flowers contain sugar, cellulose, albuminous substances, ash and water. Dried flowers contains 50 to 60% sugar. Seeds contain 50 to 55% of fatty oil, fat tannin, extractive matter, bitter principle probably saponin, albumen, gum, starch, mucilage and ash. The unsaturated acids yields an oxidation dihydroxysteraric acid with a M.P. of 130°C. No linolic acid could be found. The saturated acids have M.P 53°C., neutralisation value 205 and iodine value 12.7% on recrystallisation from alcohol they yield nearly half their weight of stearic acid, some palmitic acid is also obtained. A saponin of the formula-$C_{17}H_{26}0_{10}$ has also been separeted from the seeds. Ash contains silicic, phosphoric and sulphuric acids, lime and iron, potash and traces of soda. Juice contains cautchouc, tannin, calcium oxalate, gum, resins, formic and acetic acid and ash. Oil is a mixture of 80% of stearin and 20% of olein. Flower contains a fairly good quality of sugar, enzymes and yeast; eane sugar 2.2%, inverted sugar 52.6%, other substance soluble in water 7.2%, cellulose 2.4%, albuminoids 22.%, ash 4.8%, undetermind 12.6%.

Decoction of the flowers is useful in cough, chronic bronchitis and wasting diseases. Flowers mixed with milk are useful in impotency due to general debility.

Analytical Report

Organoleptic characters

Colour	Dark brown
Smell	Fragrant
Touch	Watery
Taste	Sweet and pungent

Sugar

Reducing	14. 2 per cent w/v
Non reducing	1. 0 per cent w/v
Specific gravity at 25°	1.11
Solid content	27.10 per cent w/v
P^H value	3. 9
Alcohol content	4. 2 per cent v/v

Baidyanath **ASHOKARISTA**

Each 30 ml Contains

	Hindi	English	Botanical name	
1.	Ashoka chhal	Ashoka bark	Saraca indica	12 mg.
2.	Guda	Jaggery	—	24 mg.
3.	Jeera shia	Caraway seed	Carum carvi	12 mg.
4.	Sonth	Ginger	Zingiber officinale	12 mg.
5.	Nagar-motha	Indian cyperus	Cyperus scariosus	12 mg.
6.	Daru-haldi	Berberry	Berberis aristata	12 mg.
7.	Harre	Myrobalan	Terminalia chebula	12 mg.
8.	Bahera	Beleric myrobalan	Terminalia belerica	12 mg.
9.	Amla	Emblica	Emblica officinalis	12 mg.
10.	Nilofar	Water lily	Nymphaea alba.	12 mg.
11.	Ama	Mango	Mangifera Indica	12 mg.
12.	Jeera safed	Cumin seed	Cuminum cyminum	12 mg.
13.	Safed chandan	White sandal wood	Santalum album	12 mg.

Pharmacological actions and therapeutic uses of the compound preparation as a whole

The drug acts as an alterative, stimulant and astringent, useful in female complaints like menorrhagia, haematuria, leucorrhoea and many other gynaecological disorders.

Dose:—15 to 30 ml. with equal quantity of water,

Ashoka—Saraca indica

Action & uses of the individual ingredient

1. *Ashoka chhal* (*Saraca indica*)

Bark is strongly astringent and uterine sedative. It acts directly on the muscular fibres of the uterus. It has a stimulating effect on the endometrium and ovarian tissue.

The alcoholic extract which is mostly soluble in hot water shows the presence of a fair amount of tannin and probably an organic soluble substance containing iron. Bark contains a fair amount of tannin and catachin.

Bark is useful in uterine affections especially in menorrhagia due to uterine fibroids and other causes. Decoction of the bark is given with milk in menorrhagia. It must be commenced from the 4th day of the monthly period and continued till the bleeding ceases. Bark is useful in internal bleeding haemorrhoid and also haemorrhagia and dysentery.

2. *Nagarmotha* (*Cyprus scariosus*)

It is a stimulant, tonic, demulcent, diuretic, anthelmintic, stomachic, carminative, astringent and emmanagogue. Methanolic extract of the roots was found useful in cases of conjunctivitis.

3. *Sonth* (*Ginger*)

Ginger is aromatic, carminative, stimulant to the gastro-intestional tract and stomachic, also sialagogue and digestive. Externally, a local stimulant and rubefacient.

Indian ginger contains an aromatic volatile oil 1 to 5%, of light yellow colour having a characteristic odour and containing camphene, phellandrene, zingiberine, cineol and borneol; gingerol a yellow pungent body, an oleo-resin "gingerin" the active principle, other resins and starch; potassium-oxlate. The essential oil and resin, to which ginger owes its pungent flavour, occur just beneath the skin of epidermis. Ginger is extremely valuable in dyspepsia, flatulence, colic, vomiting, spasma and other painful affection of the stomach and the bowels.

4. *Daruhaldi* (*Berberry*)

Used as a bitter tonic, stomachic, astringent, diphoretic, antipyretic and alterative. It is also indicated for the treatment of leprosy, snake bite and jaundice.

Root and wood are rich in a yellow alkaloid "berberine", a bitter substance, which dissolves in acid and forms salts of the alkaloid. Root contains two more alkaloids. It is very useful in cases of remittent as well as intermittent fever and also in debility consequent there from. Decoction with emblic myrabolan is useful in painful micturition from bilious or acid urine. In combination with other Ayurvedic drugs it is given in leucorrhoea and menorrhagia.

5. *Harre* (*Myrobalan*)

Myrobalans are a safe and effective purgative (gentle laxative), astringent and alterative. Unripe fruits have more marked purgative action. Ripe fruits also remove bile and phlegum.

Myrobalans contain astringent principles tannin (Tannic acid) 45%, and large amount of gallic acid, mucilage, a brownish yellow colouring matter, chebulinic acid which when heated in water splits up in to tannic and gallic acid.

6. *Amla* (*Emblica*)

Fresh fruit is refrigerant, diuretic and laxative. Green fruit is exceedingly acidic. Dried fruit is sour and astringent. Flowers are cooling and aperient. Bark is astringent. The green fruits stimulate appetite. Dried fruit is useful in hemorrhage, diarrhoea and dysentery; with iron it is a valuable remedy in anaemia, jaundice and dyspepsia. The fresh fruit contains very high percentage of vitamin 'C' and is effective in infection of the lungs and throat, chronic bronchitis, whooping cough and asthma, and of special value in vitamin 'C' defeciency diseases. Recent clinical studies have shown that Amala churna is effective in gastritis syndrome.

By means of paper chromatographic study, the air dried fruits (Amla) have been found to contain some 13 separable tannins in addition to 3 or 4 colloidal complexes.

7. *White sandal wood* (*Santalum album*)

Wood is bitter, cooling, sedative and astringent. Oil is astringent and disinfectant to the mucous membranes of the genito-urinary and bronchial tracts; also diuretic expectorant and stimulant.

Analytical Report

Organoleptic characters	
Colour	Brownish black
Smell	Fragrant
Touch	Watery
Taste	Sweet and astringent

Sugar	
Reducing	23.78 per cent w/v
Non-reducing	0.98 per cent w/v
Specific gravity at 25°	1.11
Solid contents	32. 4 per cent w/v
pH value	4. 2 per cent w/v
Alcohol contents	5. 7 per cent v/v

Baidyanath ASHWAGANDHARISTA

Active ingredients

Each 30 ml. contains

	Hindi	**English**	**Botanical name**	
1.	Ashwagandha	Winter cherry	Withania somnifera	3. gms.
2.	Musli safed	Musli white	Asparagus adscendens	1.2 mgs.

3. Manjistha	Indian madder	Rubia cordifolia	0.6 gms.
4. Harre	Myrobalan	Terminalia chebual	0.6 gms.
5. Haldi	Turmeric	Curcuma longa	0.6 gms.
6. Daruhaldi	Berberry	Berberis aristata	0.6 gms.
7. Mulathi	Sweet wood	Glycyrrhiza glabra	0.6 gms.
8. Rasna	—	Vanda roxburghii	0.6 gms.
9. Bidarikand	—	Pueraria tuberosa	0.6 gms.
10. Arjunchhal	Arjuna bark	Terminalia arjuna	0.6 gms.
11. Nagarmotha	—	Cyperus scariosus	0.6 gms.
12. Nisoth	Indian jalap	Impomoea turpenthum	0.6 gms.
13. Anantmool	Indian sarsaparilla	Hemidesmus indicus	480. gms.
14. Shyamlata	—	—	480. mgs.
15. Sandal Safed	White sand wood	Santalum album	480. mgs.
16. Sandal Lal	Red sandal wood	Pterocarpus santalium	480. mgs.
17. Buch	Sweet flag	Acorus calamus	480. mgs.
18. Chitrak mool	Rosea colour lead wort root	Plumbago zeylanica root	48. mgs.
19. Guda	Jaggary	—	19.2 gms.

Pharmacological actions and therapeutic uses of the compound preparation as a whole

The drug is a nervine tonic, sedative and alterative. It is used in nervous debility and various mental affections i.e. loss of memory, epilepsy and mania.

Dose:—15 to 30 ml. with equal quantity of water.

Action & uses of the individual ingredient

1. *Ashwagandha* (*Winter cherry*)

In general ashwagandha is used as a good sex stimulant, aphrodisiac and rejuvenator. It is of value in nervous disorders, insanity, hypertension, ulcers and swelling. It is indicated as a tonic in geriatrics.

Fruits are also considered as diuretic and coagulative. Root is diuretic and deobsturent, tonic, alterative and aphrodisiac. It is given in consumption, emaciation of children, senile debility, rheumatism, in all cases of general debility, nervous exhaustion, brain fag, loss of memory, loss of muscular energy and spermatorrhoea. It infuses fresh energy and vigour in a system worn out owing to any constitutional disease like sypihlis and rheumatic fever.

The leaves are supposed to reduce/pus formation, inflammation and to promote healing process. In cases of rheumatism, gout, skin diseases and various types of swellings, it is usefully mixed with other Ayurvedic drugs.

The total alkaloid fraction Ashwagandholine and two saponins possess mild central nervous system depressent activity.

2. *Musli Safed* (*Asparagus adscendens*)

A great deal of controversy exists on the botanical identity of the root drug shatavar, although this aspect has been thoroughly investigated by several workers.

It is a nutritive tonic, galatagogue and demulcent. It is often given with boiled milk and sugar in diarrhoea and dysentery.

3. *Manjisha* (*Indian madder*)

Dried root is astringent and diuretic, is used in dropsy, paralysis, jaundice, amenorrhoea and visceral obstruction.

Root contains resinous and extractive matter, gum, sugar, colouring matter and salt of lime. Colouring matter consists of a red crystalline principle purpurin, a yellow principle glucoside-manjistine, garancin, alizarin (orange red) and xanthine (yellow). Manjistha root made into a paste with honey is very valuable application for freckles and other discolouration of the skin; also in external inflammations, ulcers and skin diseases. Root rubbed in to paste with kanjika is applied over fractures to reduce inflammation and swelling.

4. *Daruhaldi* (*Berberry*)

Used as a bitter tonic, stomachic, astringent, diaphoretic, antipyretic and alterative is also indicated for the treatment of leprosy, snake bite and jaundice.

Root and wood are rich in a yellow alkaloid "birberine", a bitter substance, which dissolves in acid and forms salts of the alkaloid. Root contains two more alkaloids, It is very useful in cases of remittent as well as intermittent fever and also in debility consequent therefrom. Decoction with emblic myrobalan is useful in painful micturition from bilious or acid urine. In combination with other Ayurvedic drugs it is given in leucorrhoea and menorrhagia.

5. *Arjunchhal* (*Terminalia arjuna*)

The bark is tonic, astringent, febrifuge, is of special value in heart diseases as a cardiac tonic, and also used in cough, asthma and bilious affections.

Bark contains a crystalline compound arjunine, a lactone, arjunetin essential oil, tannin, reducing sugar and colouring matter.

6. *Nagarmotha* (*Cyprus scariosus*)

It is a stimulant, tonic, demulcent, diuretic, anthelmintic, stomachic,carminative, astringent and emmanagogue. Methanolic extract of the roots was found useful in cases of conjunctivitis.

7. *White sandal wood* (*Santalum album*)

Wood is bitter, cooling, sedative and astringent. Oil is astringent and disin--fectant to the mucous membranes of the genito-urinary and bronchial tracts; also diuretic, expectorant and stimulant.

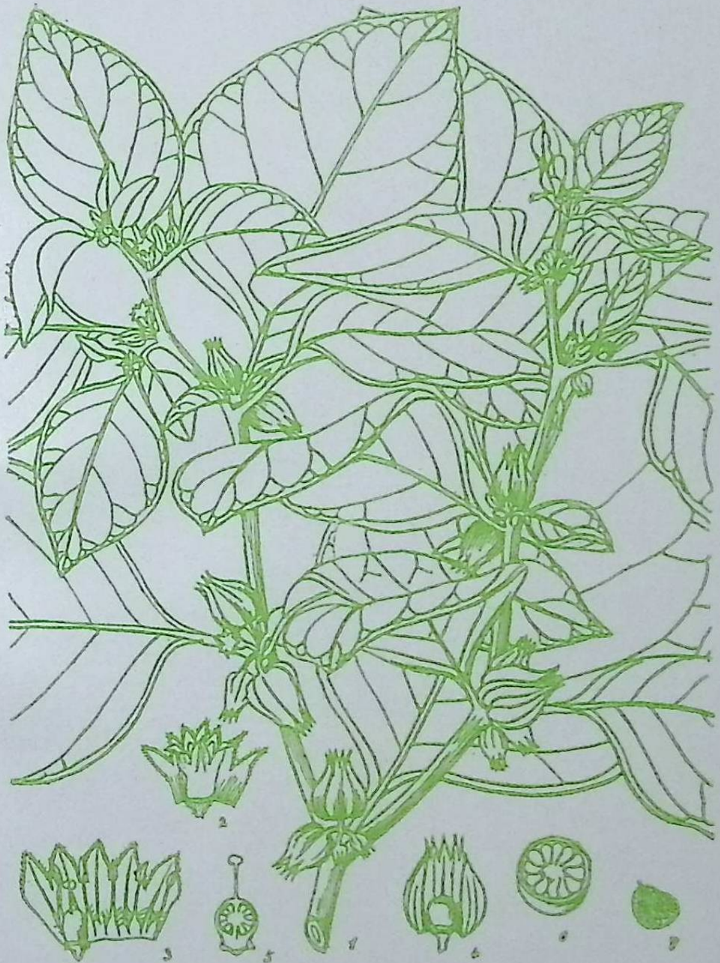
8. *Chitrak mool* (*Pulmbago zeylanica*)

Root is appetiser, carminative and indicated in diarrhoea, dyspepsia, piles, anasarca. The plant contains plumbagin which stimulates the contraction of the muscular tissue of the heart, intestines and worms, stimulates the secretion of sweat, urine and bile.

Analytical Report

Organoleptic characters

Colour	Dark brown
Smell	Fragrant



Ashwagandha—Withania somnifera

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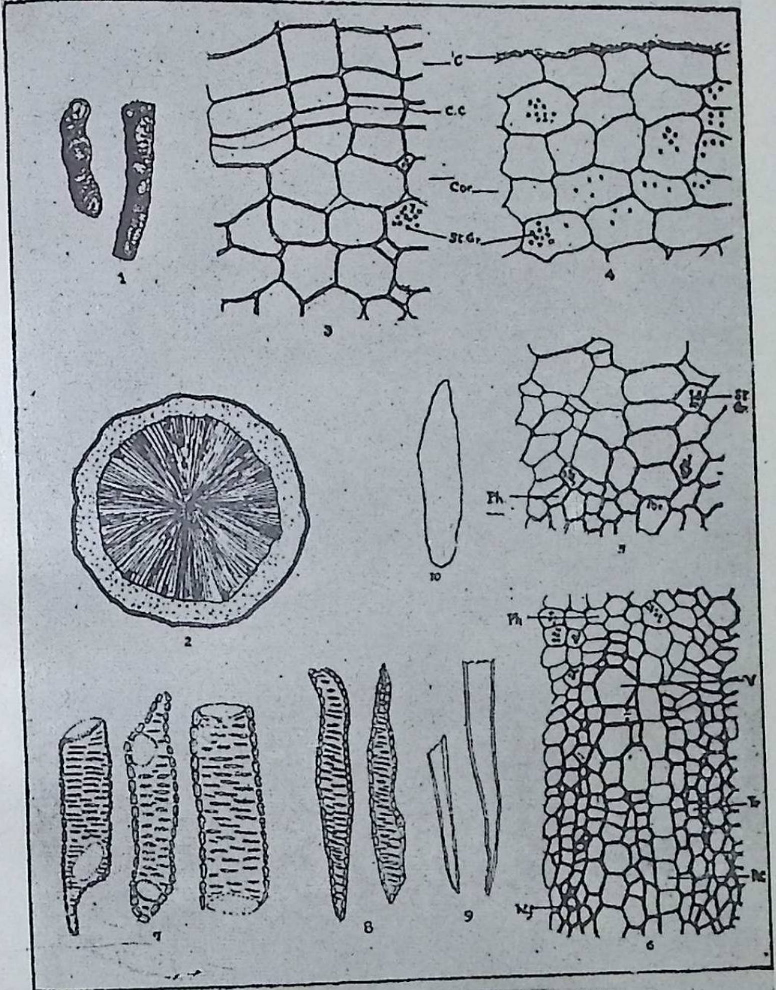
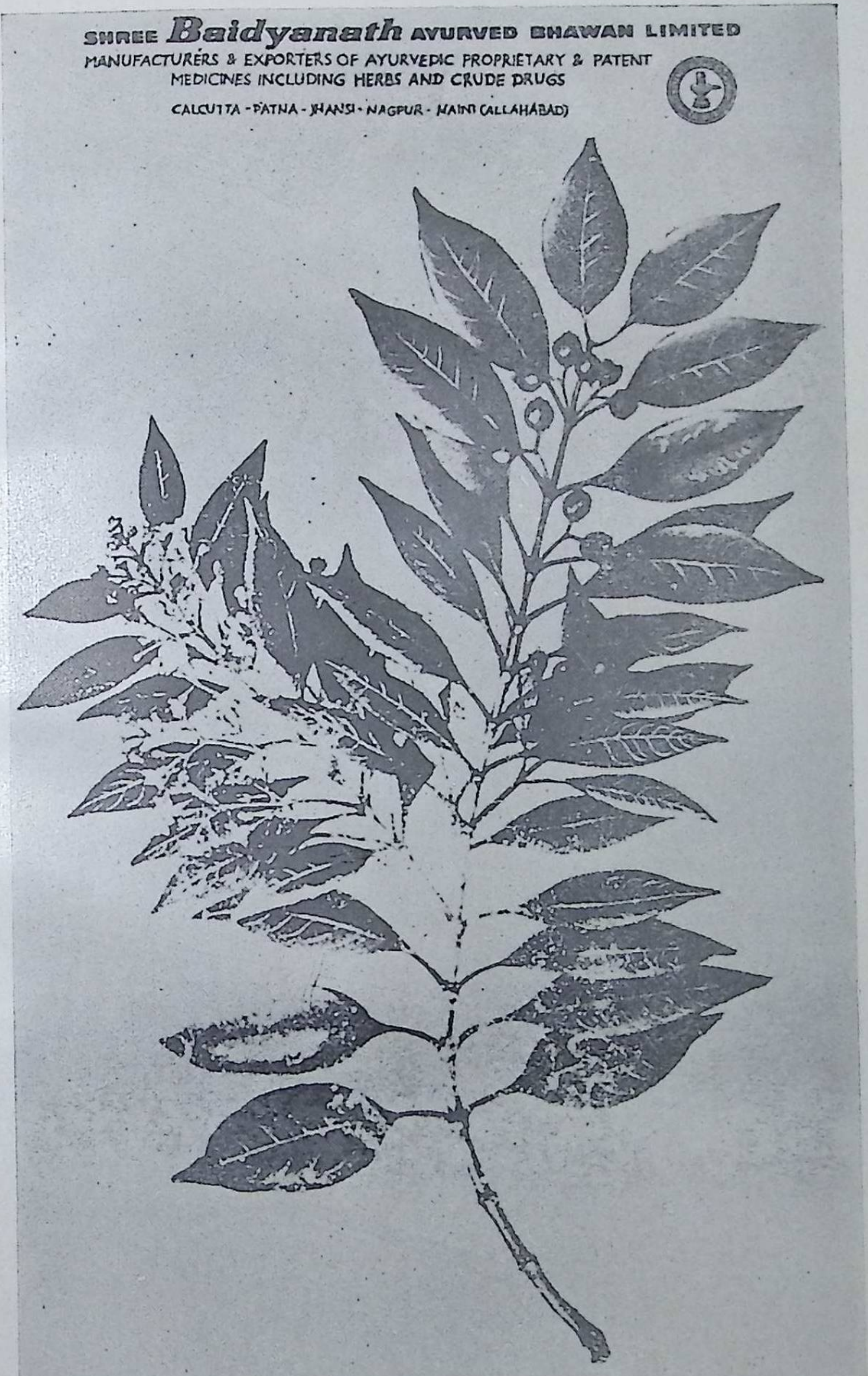
CALCUTTA - PATNA - JHANSI - NAGPUR - NAINI (ALLAHABAD)



WITHANIA SOMNIFERA [ASHVAGANDHA]

Fig. 1. Macroscopic appearance of the root—×½.
Fig. 2. Transverse section of the root (diagrammatic)—×7.
Fig. 3. Longitudinal section of the root showing cork and cortex—×175.
Fig. 4. Transverse section of the root showing cork and cortex—×175.
Fig. 5. Transverse section of the phloem—×175.
Fig. 6. Transverse section of the xylem portion ×175.
Fig. 7. Vessels—×175.
Fig. 8. Tracheids—×175.
Fig. 9. Fibres—×175.
Fig. 10. Wood parenchyma—×175.
C, cork; C.C., Cork cambium; Cor, cortex; Ph, phloem; R.C., ray cells; V, vessels; St. Gr., h grains, W.f, wood fibres.

By courtesy of The Book Pharmacogonosy of Indian Root and Rhizome



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MEDICINES INCLUDING HERBS AND CRUDE DRUGS
CALCUTTA - PATNA - JHANSI - NAGPUR - NAINI (ALLAHABAD)

SANDALWOOD (*Santalum album*)

By Courtesy of The Book Medicinal Plants

Touch	Watery
Taste	Sweet and better.

Sugars

Reducing	24. 2 per cent w/v
Non-reducing	990 per cent w/v
Specific gravity at 25°	1. 08
Solid contents	27. 19 per cent w/v
pH value	3. 9
Alcohol contents	9. 70 per cent v/v

Baidyanath DASHAMULARISHTA

Active ingredients

Each 30 ml. contains

Hindi	English	Botanical name	
1. Sonapatha root	—	Oroxylum indicum	0. 3 gms.
2. Bael mool	Bael root	Aegle marmelos	0. 3 gms.
3. Gambhari mool	—	Gmelina arborea	0. 3 gms.
4. Ganikarika mool	—	Clerodendrun phlomidis	0. 3 gms.
5. Patala mool	—	Stereospermum suaveolens	0. 3 gms.
6. Shalparni	—	Desmodium gangeticum	0. 3 gms.
7. Prasniparni	—	Uraria picta	0. 3 gms.
8. Barikateri	—	Solanum xanthocarpum	0. 3 gms.
9. Birhatta	Indian night shade	Solanum indicum	0. 3 gms.
10. Gokshru chhota	Small caltrops	Tribulus terrestris	0. 3 gms.
11. Chitrak mool chhal	Red colour lead wort	Plumbago zeylanica	1. 5 gms.
12. Puskarmool	Orris root	Iris germinica	1. 5 gms.
13. Lodhra chhal	Lodh	Symplocos racemosa	1. 2 gms.
14. Giloe	—	Tinospora cordifolia	1. 2 gms.
15. Amla	Emblica	Emblica officinalis	0.96 gms.
16. Jawasa	Camel's	Alhagi camelorum	0.72 gms.
17. Khadir	Resin	Accacia catechu	0.48 gms.
18. Vijaya sar	—	Pterocarpos marsupium	0.48 gms.
19. Harre	Myrobalan	Terminalia chebula	0.48 gms.
20. Kutha	—	Saussurea lappa	0.12 gms.
21. Manjistha	Indian madder	Rubia cordifolia	0.12 gms.
22. Deodaru	Pinus deodar	Cedrus deodar	0.12 gms.
23. Vidanga	—	Emblia ribes	0.12 gms.
24. Mulathi	Sweet wood	Glycyrrhiza glabra	0.12 gms.
25. Bharangi	—	Clerodendron siphonanthus	0.12 gms.
26. Kathphal	Bay berry	Myrica nagi	0.12 gms.
27. Bahera	Beleric myrobalan	Terminalia belirica	0.12 gms.
28. Punarnava	—	Boerhaavia diffusa	0.12 gms.
29. Chabya	—	Piper chaba	0.12 gms.

30. Jatamansi	Indian spikenart	Nardostachyas jatamansi	0.12 gms.
31. Anantmool	Indian sassaparilla	Hemidesmus indicus	0.12 gms.
32. Priyangu	—	Prunus mahalab	0.12 gms.
33. Shia jeera	Caraway seed	Carum carvi	0.12 gms.
34. Nisoth	Indian jalap	Ipomoea turpenthum	0.12 gms.
35. Renuka	—	Vitex agnus castus	0.12 gms.
36. Rasna	—	Vanda roxburghii	0.12 gms.
37. Pipal	Long pepper	Piper longum	0.12 gms.
38. Supari	Betel nut	Areca catchu	0.12 gms.
39. Kachur	—	—	0.12 gms.
40. Haldi	Turmeric	Curcuma longa	0.12 gms.
41. Saunf	Sweet fennel	Foeniculum valgare	0.12 gms.
42. Padamkasta	—	Prunus padum	0.12 gms.
43. Nagarmotha	—	Cyperus scariosus	0.12 gms.
44. Nagkeshar	Cobra's saffron	Mesua ferrea	0.12 gms.
45. Indrayav	Kurchi seed	Holarrena antidysentrica	0.12 gms.
46. Kakrasringhi	Galls	Rhus succedanea	0.12 gms.
47. Astavarga	Eight vital roots	—	0.12 gms.
48. Madhu	Honey	—	1.92 gms.
49. Guda	Jaggery	—	.34 gms.
50. Khus	Cuscusgrass	Vetiveria zezanoides	0.12 gms.
51. Kababchini	Tailpepper	Cubeba officinalis	0.12 gms.
52. Sandal safed	White sandal wood	Santalum album	0.12 gms.
53. Jaiphal	Nutmeg	Myristica fragrans	0.12 gms.
54. Lavang	Clove	Eugenia caryophyllus	0.12 gms.
55. Dalchini	Cinnamon	Cinnamomum cassia	0.12 gms.
56. Bari illaichi	Cardamom	Ammomum subulatum	0.12 gns..
57. Tejpat	Cassia cinnamon	Cinnamomum tamala	0.12 gms.
58. Pipal	Long pepper	Piper longum	0.12 gms.
59. Kasturi	Musk	Moschus Moshiferus	0.38 gms.
60. Munakka	Dried grapes	Vitis vinifera	3. 6 gms.

Pharmacological actions and therapeutic uses of the compound preparation as a whole

The drug is used a postnatal tonic, alterative and stimulant, also of value in cough, consumption and useful in anaemia, jaundice and piles

Dose:—15 to 30 ml. with equal quantity of water

Action & uses of the individual ingredient

Dashmoola (*Ten roots*)

i. Bael (*Bilva*)

It is sweet, aromatic, cooling, alterative nutritive and laxative. It is very valuable in habitual constipation, chronic dysentery and dyspepsia. It is one of the ingredients in the Dasamula. Some time it is useful in intermittent fever, also in hypochondriasis, melancholia and palpitation of the heart.

ii. Ganikarika (*Clerodendron phlomoidis*)

A stomachic, carminative, alterative and tonic. The roots contain resin, a bitter alkaloid and tannin. Root is very useful in eruptive fever, colic, flatulence, rheumatism and neuralgia.

iii. Sonapatha (*Oroxylum Indicum*)

Root bark is astringent, bitter, tonic, stomachic, anodyne and sudorific. It is useful in diarrhoea and dysentery. Root bark is frequently employed in rheumatism.

iv. Gambhari (*Gmelina aroborea*)

Root bark is demulcent, stomachic, bitter, tonic, refrigerant and laxative. Root contains a yellow viscid oil, resin, an alkaloid, a trace of benzoic acid and ash free from manganese.

It is given as a galactagogue in case of scanty secretion of milk in women. It is beneficial in gonorrhoea and catarrh of the bladder. To prevent abortion in the early stage of pregnency a powder of the root bark with manjistha and satavari is given with milk. The stem extract also shows antiviral activity.

v. Patala root (*Stereospermum suaveolens*)

It is useful in dyspepsia, fever, cough and dropsy. Infusion of the bark is used as refrigerant and diuretic.

vi. Shalaparni (*Desmodium gangeticum*)

Bitter, tonic, febrifuge, digestive and anticatarrhal, alterative and tonic. Its kvath is considered to be antipyretic, alterative and bitter tonic.

vii. Prisniparni (*Uraria picta*)

It is alterative, tonic, anticatarrhal and abortifacient, but is seldom used alone. Its extract is used in rheumatism, fever, bleeding piles and catarrh.

viii. Gokshru Chhota (*Small caltrops*)

Plant and dried spiny fruits are used as cooling, demulcent, diuretic, tonic and aphrodisiac.

The plant and dried spiny fruits are used in decoction form in cases of spermatorrhoea, phosphaturia, diseases of the genito-urinary system such as dysuria, genorrhoea, gleet, chronic cystitis, calculus incontinance of urine, gout and impotency; also in uterine disorders.

Its fruits contain an alkaloid, a resin, fat and mineral matter 14.%. The fruit contains (1) an alkaloid, in traces 0.0p1% (2) a fixed oil 3.5%, consisting mainly of unsaturated acids; (3) an essential oil in very small quantities; (4) resins, and (5) fair amounts of nitrates. An alkaloid was found to contain sugar.

ix. Birhatti (*Night shade*)

Plant is aphrodisiac, astringent, carminative, cardic tonic and resolvent. It is useful in asthma, dry cough, difficult parturition, chronic febrile affections, colic with flatulence and also dysuria.

x. *Kantakari* (*Solanum xanthocarpum*)

Plant of Kantakari is aperient, pungent, bitter, digestive, alterative and astringent. Root is an effective diuretic, expectorant and febrifuge.

2 *Giloe* (*Tinospora cordifolia*)

It is antiperiodic, alterative and diuretis stem and root are bitter. The plant is used as a febrifuge. Its stem and root is a valuable tonic in debilitating diseases, intermittent fever and dyspepsia. It contains berberine, bitter substance.

3. For action & uses of chitrak mool bark refer under main drug heading
” ” Ashwagandharista
4. ” ” Amla refer under main drug heading Chyavanprash avleh special
5. ” ” Harre refer under main drug heading Abhyarista
6. ” ” Manjistha refer under main drug heading Maharaj prasarini taila
7. ” ” Deodaru refer under main drug heading Chandra prabha vati
8. ” ” Vidanga refer under main drug heading Abhyarista
9. ” ” Punarnava refer under main drug heading Maharaj prasarini taila
10. ” ” Jatamansi refer under main drug heading Bren tab.
11. ” ” Rasna refer under main drug heading Mahraj prasarni taila
12. ” ” Haldi refer under main drug heading Chandra prabha vati
13. ” ” Saunf refer under main drug heading Panchsakar churna
14. ” ” Nagarmotha refer under main drug heading Ashwagandharista
15. ” ” Astavarga refer under main drug heading Chyawanprash avlesh special
16. ” ” Sandal white refer under main drug heading Ashwagandharista
17. ” ” Jaiphal refer under main drug heading Anand Bhairav rasa
18. ” ” Lavang refer under main drug heading Dant manjan lal
19. ” ” Dalchini refer under main drug heading Sitopaladi churna
20. ” ” Tejpat refer under main drug heading Lavan bhaskar churna
21. ” ” Kasturi refer under main drug heading Basant kusumakar rasa
22. ” ” Munakka refer under main drug heading Abhyarista

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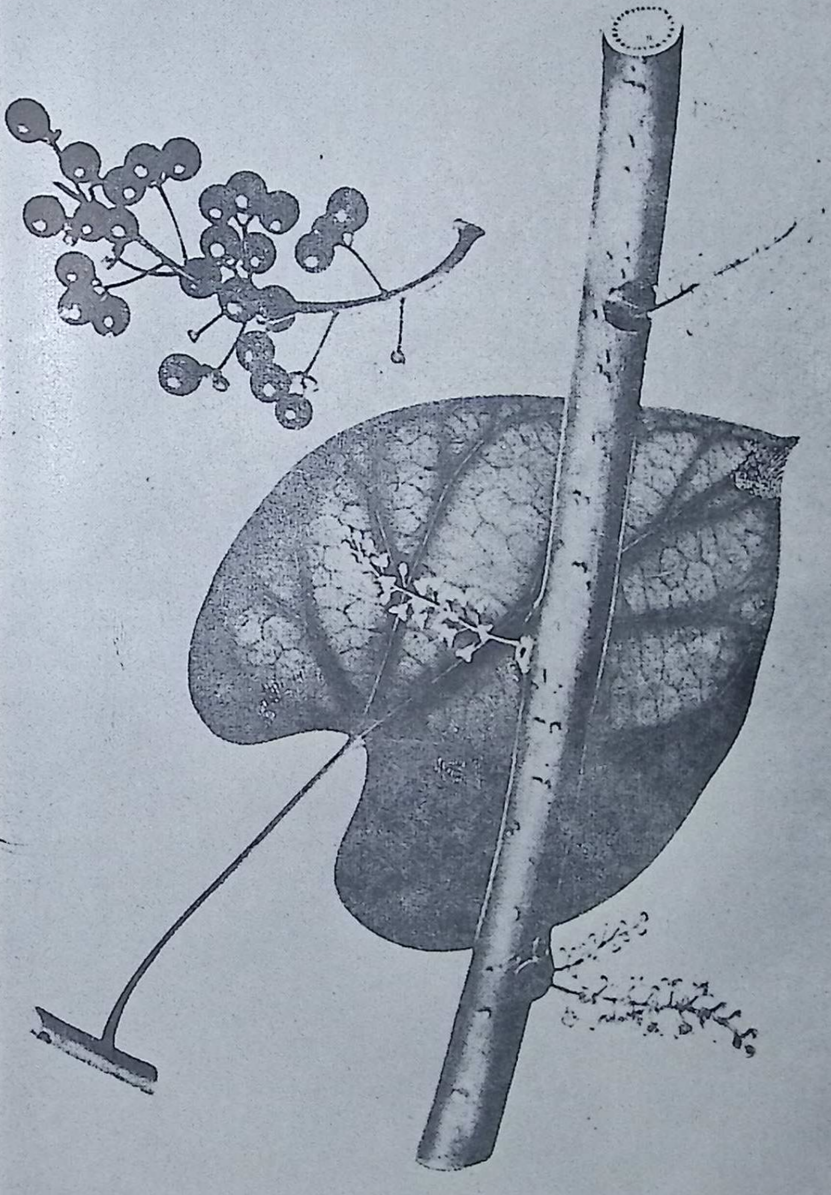
MEDICINES INCLUDING HERBS AND CRUDE DRUGS
CALCUTTA - PATNA - JHANSI - NAGPUR - NAINI (ALLAHABAD)



TINOSPORA (*Tinospora cordifolia*)

By Courtesy of The Book Medicinal Plants

Analytical Report

Organoleptic characters

Colour	Dark brown
Smell	Fragrant
Touch	Watery
Taste	Sweet

Sugar

Reducing	22. 3 per cent w/v
Non-reducing	0.988 per cent w/v
Specifiic gravity at 25°	1. 11
Solid contents	29. 2 per cent w/v
pH value	4. 8
Alcohol contents	7. 8 per cent v/v

Baidyanath KUMARI ASHAVA

Active ingredients

Each 30 ml. contains

	Hindi	English	Botanical name	
1.	Ghrita kumari	Indian aloes	Aloe vera	19.02 gms.
2.	Guda	Jaggery	—	13.02 gms.
3.	Lauh bvrada	Iron powder	—	6.00 gms.
4.	Madhu	Honey	—	6.00 gms.
5.	Sonth	Ginger	Zingiber officinale	0.06 gms.
6.	Kalimarich	Black pepper	Piper nigrum	0.06 gms.
7.	Pipal	Long pipper	Piper longum	0.06 gms.
8.	Lavang	Clove	Eugenia caryophyllus	0.06 gms.
9.	Dalchini	Cinnamon	Cinnanomum casia	0.06 gms.
10.	Tejpat	Cassia cinnaman	Cinnamomum tamala	0.06 gms.
11.	Chhoti illaichi	Cardamom	Elettari cardamomum	0.06 gms.
12.	Nagkeshar	Cobra's saffron	Mesua ferrea	0.06 gms.
13.	Chitrakmool	White lead wort	Plumbago zeylanica	0.06 gms.
14.	Vidanga	—	Emblia ribes	0.06 gms.
15.	Gajpipal	—	Saindapus officinalis	0.06 gms.
16.	Chabya	—	Piper chaba	0.06 gms.
17.	Howber	—	Juneiperus communis	0.06 gms.
18.	Dhania	Coriander	Coriandrum sativum	0.06 gms.
19.	Kutki	Himalayan	Picrorrhiza kurrooa	0.06 gms.
20.	Anantmool	Indian sassaparilla	Hemidesmus indicus	0.06 gms.
21.	Nagarmotha	—	Cyperus scariosus	0.06 gms.
22.	Harre chhal	Myrobalan bark	Terminalia chebula	0.06 gms.
23.	Bahera	Beleric myrobalan	Terminalia belerica	0.06 gms.
24.	Amla	Emblica	Emblica officinalis	0.06 gms.

25. Rasna	—	Vanda roxburghii	0.06 gms.
26. Deodaru	Pinus deodar	Cedrus deodara	0.06 gms.
27. Haldi	Turmeric	Curcuma longa	0.06 gms.
28. Daruhaldi	Berberry	Berberis aristata	0.06 gms.
29. Saunf	Sweet fannel	Foeniculum vulgare	0.06 gms.
30. Dikamali	Gussmy gardenia	Gardenia gummifera	0.06 gms.
31. Akarkara	Pillitory root	Anacylus pyrethrum	0.06 gms.
32. Utangan seeds	—	Blepharis edulis	0.06 gms.
33. Punarnava safed	—	Boerhaavia diffusa	0.06 gms.
34. Punarnava lal	—	Boehaavia diffusa	0.06 gms.
35. Dantmool	—	Baliospermum montanum	0.06 gms.
36. Puskarmool	Orris root	Iris germanica	0.06 gms.
37. Rohitak chhal	Rohitak bark	Amoora rohituka	0.06 gms.
38. Sarponkhamool	—	Tephrosia purpurea	0.06 gms.

Pharmacological actions and therapeutic uses of the compound preparation as a whole

Alterative, tonic and haematinic, used in anaemia, enlargement of liver, female endocrinal deficiencies, dysmenorrhoea, cough, asthma and other liver diseases.

Dose:—15 to 30 ml. with equal quantity of water.

Action & uses of the individual ingredient

1. *Ghrita kumari* (*Indian aloes*)

In Indian medicine aloe vera is used as a stomachic, purgative and emmenagogue. It is regarded as a valuable in the treatment of piles and rectal fissures. The mucilage is cooling and is used as poultice in inflammation.

Pulp is useful in menstrual suppression, the root is of special value in colic, the plant contains Aloin, isobarbalin, emodin, gum, resin. The juice contains anthraquinone derivatives like emodin and chrysophanic acid.

2. *Lauh burada* (*Iron*)

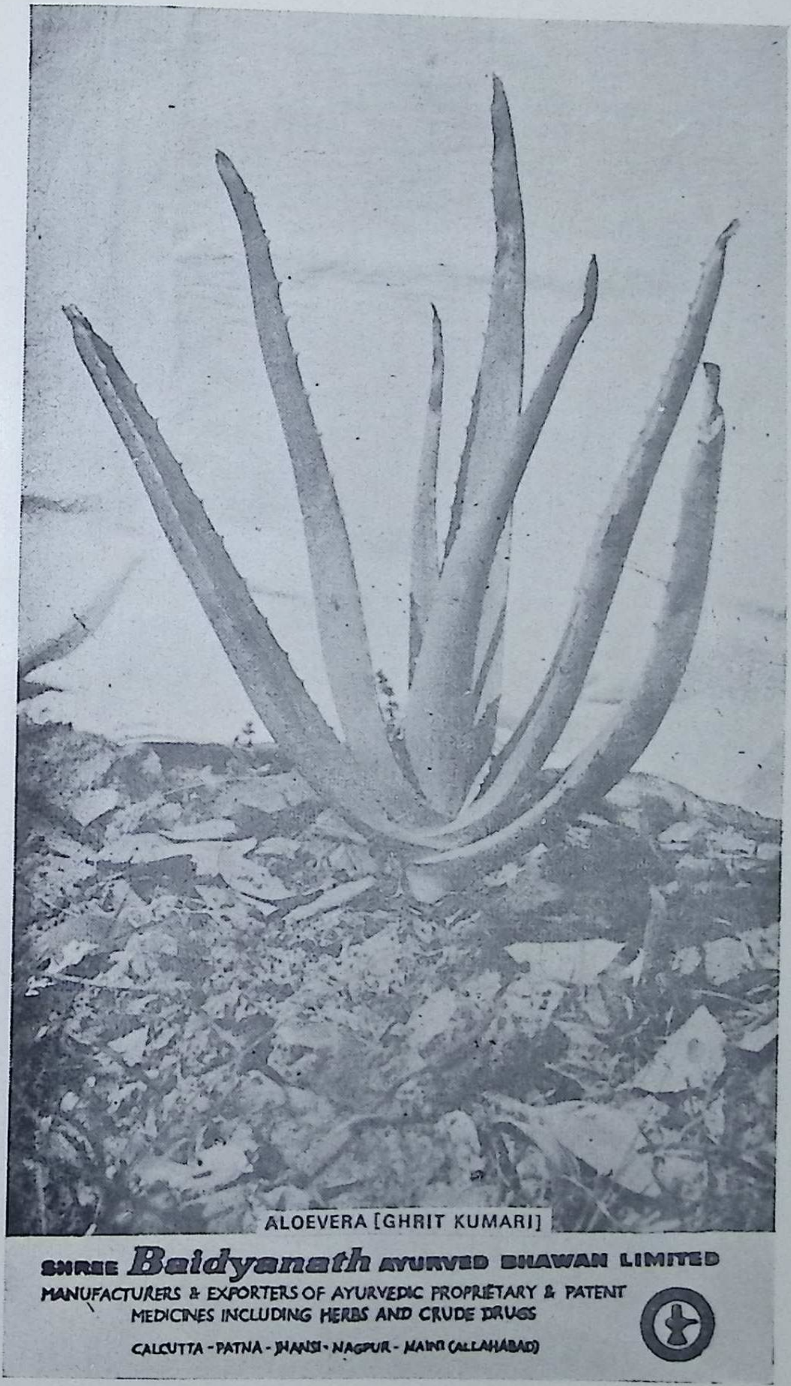
It is specially useful in anaemia, amenorrhoea, dysmenorrhoea, menorrhogia, chlorosis and also useful in diarrhoea, chronic bowel complaints, dyspepsia, intestinal worms and nervous diseases; neuralgia of the 5th nerve due to debility, kidney diseases and albuminuria. It is very useful in asthma, general debility, sexual debility, intermittent fever with enlargement of spleen and heart diseases. To women with scanty menstruation it is given very successfully. Iron improves the quality of blood.

3. *Howber* (*Juneperus communis*)

The drug is antiinflammatory, carminative, laxative and anthelmintic. It is used in uterine inflammation and leucorrhoea.

4. *Anantmool* (*Hemidesmus indicus*)

Roots are used as demulcent, alterative, diphoretic, diuretic, tonic, appetiser, blood purifier, and also of value in leucorrhoea, syphilis and rheumatism.



ALOEVERA [GHRIT KUMARI]

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5. *Kutki* (*Picrorrhiza kurrooa*)

Root is bitter, cathartic and stomachic. It is also useful in dyspepsia and in various purgative preparations.

6. *Akarkara* (*Anacyclus pyrethrum*)

The drug contains an essential oil, pellitirine or pyrethrin. It is stimulant, sialogogue and antirheumatic.

7. *Dantimool* (*Baleospermum montanum*)

The root of the drug is used in dyspepsia, liver and various gastro-intestinal diseases as laxative and anthelmintic. Dantimool is also indicated in piles and various blood impurities.

8. *Pushkarmool* (*Inula racemosa*)

The drug is used in mental weaknesses, dyspepsia and other gastro-intestinal diseases. The drug is of special value in cardiac asthma and in respiratory diseases, like hiccup, asthma and inflammation of the lungs. It is indicated in dysmenorrhoea and other gynecological ailments.

9. *Rohitaka chhal* (*Amoora rohitka*)

Bark is used in spleen and liver diseases, tumours and abdominal complaints.

10. For action and uses of Sonth refer under main drug heading Raspipri.
11. For action and uses of Kalimarich refer under main drug heading Hingvastak churna
12. ” ” of Pipal refer under main drug heading Raspipri
13. ” ” of Lavang refer under main drug heading Dant manjan lal
14. ” ” of Dalchini refer under main drug heading Sitopaladi churna
15. ” ” of Tejpat refer under main drug heading Lavanbhaskar churna
16. ” ” of Chitrakmool refer under main drug heading Lohasava
17. ” ” of Vidanga refer under main drug heading Abhyarista
18. ” ” of Nagarmotha refer under main drug heading Abhyarista
19. ” ” of Harre chhal refer under main drug heading Panchsakar churna
20. ” ” of Amla refer under main drug heading Chyavanprash avlesh special
21. ” ” of Rasna refer under main drug heading Maharaj prasarini taila
22. ” ” of Deodaru refer under main drug heading Chandra prabha bati
23. ” ” of Haldi refer under main drug heading Chandraprabha vati

24. For action and uses of Saunf refer under main drug heading Panchsakar churna

25. ,, ,, of Punarnava refer under main drug heading Maharaj prasarini taila

Analytical Report

Organoleptic characters

Colour	Brownish black
Smell	Fragrant
Touch	Watery
Taste	Bitter

Sugars

Reducing	5.645 per cent w/v
Non-reducing	0.998 per cent w/v
Specific gravity at 25°	1. 06
Solid contents	15.825 per cent w/v
pH value	4. 00
Alcohol contents	8. 45 per cent v/v

Baidyanath LOHASAVA

Active ingredients

Each 30 ml. contains

Hindi	English	Botanical name	
1. Louh burada	Iron powder	—	240. mg.
2. Sonth	Ginger	Zingiber officinale	240. mg.
3. Kalimarich	Black pepper	Piper nigrum	240. mg.
4. Pipal	Long pepper	Piper longum	240. mg.
5. Harre	Myrobalan	Terminalia chebula	240. mg.
6. Bahera	Beleric Myrobalan	Terminalia belerica	240. mg.
7. Amla	Emblic	Emblica officianalis	240. mg.
8. Ajowan	Omum seed	Carum couticum	240. mg.
9. Vidanga	—	Emblia ribes	240. mg.
10. Nagarmotha	—	Cyperus scariosus	240. mg.
11. Chitrakmool	White lead wort	Plumbago zeylanica	240. mg.
12. Guda	Jaggery	—	19.6 gms.

Pharmacological actions and therapeutic uses of the compound preparation as a whole

Used as tonic and alterative, of value in anaemia, jaundice and liver affections; useful in cardiac lesions, dropsy and fever.

Dose:—15 to 30 ml. with equal quantity of water

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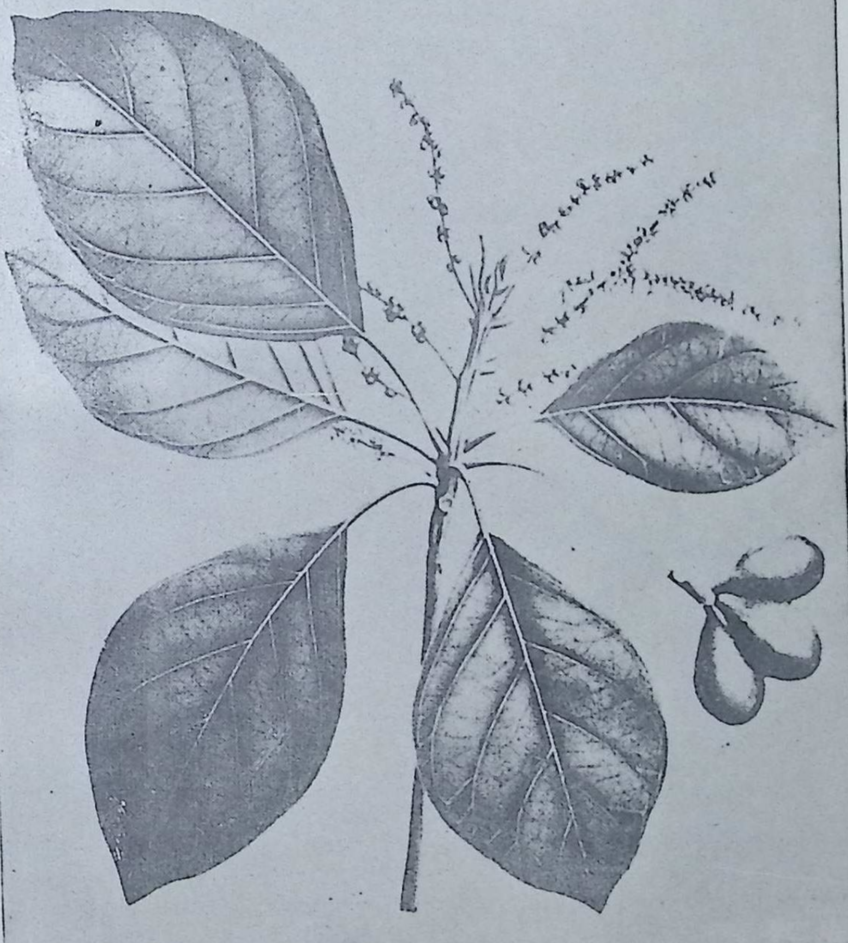

BELLERIC MYROBALAN (*Terminalia bellirica*)

By Courtesy of the Book Medicinal Plants.

Action & uses of the individual ingredient

1. *Louh burada* (*Iron*)

It is specially useful in anaemia, amenorrhoea, dysmenorrhoea, menorrhagia and chlorosis; also useful in diarrhoea, chronic bowel complaints, dyspepsia, intestinal worms and nervous diseases; neuralgia of the 5th nerve due to debility, kidney diseases and albuminuria. It is very useful in asthma, general debility, sexual debility, intermittent fever with enlargement of spleen and in heart diseases. To women with scanty mensturation it is given very successfully. Iron improves the quality of blood.

2. *Bahera* (*Beleric myrobalans*)

Asbringent, tonic, expectorant and laxative. Fruits are useful in cough, hoarsceness, eye disease and scorption sting. Beleric myrobalan consists of gallow tannic acid, colouring matter, resins and greenish yellow oil 25%.

3. For action and uses of Sonth refer under main drug heading
Raspipri
4. ” ” of Kalimarich refer under main drug heading
Raspipri
5. ” ” of Pipal refer under main drug heading
Raspipri
6. ” ” of Harre refer under main drug heading
Panchsakar churna
7. ” ” of Amla refer under main drug heading
Chyavanprash avleh special
8. ” ” of Ajowan refer under main drug heading
Hingvastak churna
9. ” ” of Vidanga refer under main drug heading
Abhyarista
10. ” ” of Nagarmotha refer under main drug heading
Ashokarista
11 ” ” of Chitrakmool refer under main drug heading
Dashmularista

Analytical Report

Organoleptic characters	
Colour	Dark reddish brown
Smell	Fragrant
Touch	Watery
Taste	Astringent
Sugar	
Reducing	2.98 per cent w/v
Non-reducing	Traces
Specific gravity at 25°	1.012
Solid contents	6. 9 per cent w/v
pH value	4. 0
Alcohol contents	6. 6 per cent v/v

CHAPTER X

MANJAN (TOOTH POWDER)

Baidyanath DANT MANJAN LAL

Active ingredients

	Hindi	English	Botanical name	Percent
1.	Geru Mitti	Red Earth	—	62. 2%
2.	Pipal	Long pepper	Piper longum	2. 6%
3.	Sonth	Ginger	Zingiber	5. 2%
4.	Kalimarich	Black pepper	Piper nigrum	5. 2%
5.	Tambaku	Tobacco	Nicotiana tabacum	14. 6%
6.	Lavang	Clove	Eugenia carophyllus	0. 3%
7.	Kapoor	Camphor	Camphora officinarum	5. 2%
8.	Pepermint	Menthol	Mentha species.	0.173%

Pharmacological actions and therapeutic uses of the compound preparation as a whole

Owing to its antiseptic, analgesic properties it prevents and cures dental troubles, such as bleeding of gum, dental caries, dental neuralgia, pyorrhoea, alveolitis, gingivitis and maintains the gum tissue in healthy conditions.

Dose:—Quantity sufficient for external use.

Action & uses of the individual ingredient

1. *Geru Mitti* (*Red earth*)

It is a clay found in lead and iron ore and contains an excess of oxide of iron over any other clay. There are two varieties bole (yellow) and red ocher. The red ocher contains more iron than the bole and is very useful. It is purified by being soaked in milk seven times and is sweetish, astringent, cooling, useful as a local application to ulcers, eruption and aphthous sores in the mouth. It is used for swollen and bleeding gums.

2. *Pipal* (*Long pepper*)

Stimulant, carminative and alterative, tonic, more powerful than black pepper; also aphrodisiac, diuretic, vermifuge and emmenagogue.

It contains resin, volatile oil, starch, gum, fatty oil, inorganic matter and an alkaloid piperine 1 to 2%.

3. *Sonth* (*Ginger*)

Ginger is aromatic, carminative, stimulant to the gastro-intestional tract and stomachic, also sialagogue and digestive. Externally, a local stimulant and rubefacient.

Indian ginger contains an aromatic volatile oil 1 to 5%, of light yellow colour having a characteristic odour and containing camphene, phellandrene, zingiberine, cineol and borneol; gingerol-a yellow pungent body, an oleo-resin "gingerin" the the active principle, other resins and starch, Potassium-oxalate. The essential oil and resin, to which ginger owes its pungent flavour, occurs just beneath the skin or epidermis.

Ginger is extremely valuable in dyspepsia, flatulence, colic, vomiting, spasms and other painful affection of the stomach and the bowels.

4. *Kalimarich* (*Black pepper*)

Black pepper is acrid, pungent, hot, carminative also used as antiperiodic. Piperine is a mild antipyretic and antiperiodic.

It contains a volatile alkaloid piperine or pipirine 5%, piperidine or piperidin 5%, a balsamic volatile essential oil 1 to 2%, fat 7%. Masocarp contains chavicin, a balsamic volatile oil, starch, lignin, gum, fat 1%, proteids 7% and ash containing organic matter 5%.

It is used in constipation, piles, colic, gastric troubles, ascites, worm infestations, dyspepsia and flatulance.

5. *Tambaku* (*Tobacco*)

Tobacco contains several pyridine alkaloids, of which nicotine (β-pyridyl-αN-methyl pyrollidine) is the most important. The total alkaloid content of different varieties of tobacco shows large variation. Nicotine is present in tobacco mainly as salts of organic acids and there is a close parallelism in the plant between nicotine and citric acid, the salts of nicotine are dextrorotatory.

Dry leaves of tobacco are powerfully sedative, nauseating, emetic, at the same time purgative and is powerful antipyorrhoetic.

Nicotine determines to a very large extent the strength of a tobacco, but its aroma and flavour are due to the essenital oil of the leaf and also to the aromatic substances in the curing and "fermentation".

6. *Lavang* (*Clove*)

Cloves are stomachic, carminative, stimulant, aromatic and antispasmodic; externally oil is antiseptic, local anaesthetic and rubefacient. Cloves owe their valuable properties to the presence of considerable quantity of the volatile oil, oil of clove.

A heavy volatile oil 16 to 20%, a camphor resin 6%, caryophyllin or eugenin a crystallin substance, woody fibre and gum. Caryophyllin "occurs in silky stellate needles". Oil distilled from cloves contains (1) eugenol 85 to 92%, chemically resembling phenol, (2) acetyleugenol, (3) carryophyllene, a sesquiterpene, furfural and methyl amyl-ketone.

7. *Kapoor* (*Camphor*)

Diaphoretic, when given internally it acts as a cardiac stimulant, antiseptic, antispasmodic, expectorant, sedative, aphrodisiac, carminative and externally as an anodyne and antiphlogistic.

Camphor is very useful in whooping cough, hiccup, chronic bronchitis, asthma, hysteria, epilepsy, melancholia, acute gout, rheumatism and myalagia. It is a stimulant in prostration.

8. *Menthol* (*Peppermint*)

Menthol is used as antipruritic, and mild anaesthetic. When locally applied it stimulates the nerves for the perception of cold but depresses those for pain. It is actively germicidal, being more powerful than phenol.

Menthol as natural laevo-menthol is obtained from the volatile oil of various species of mentha.

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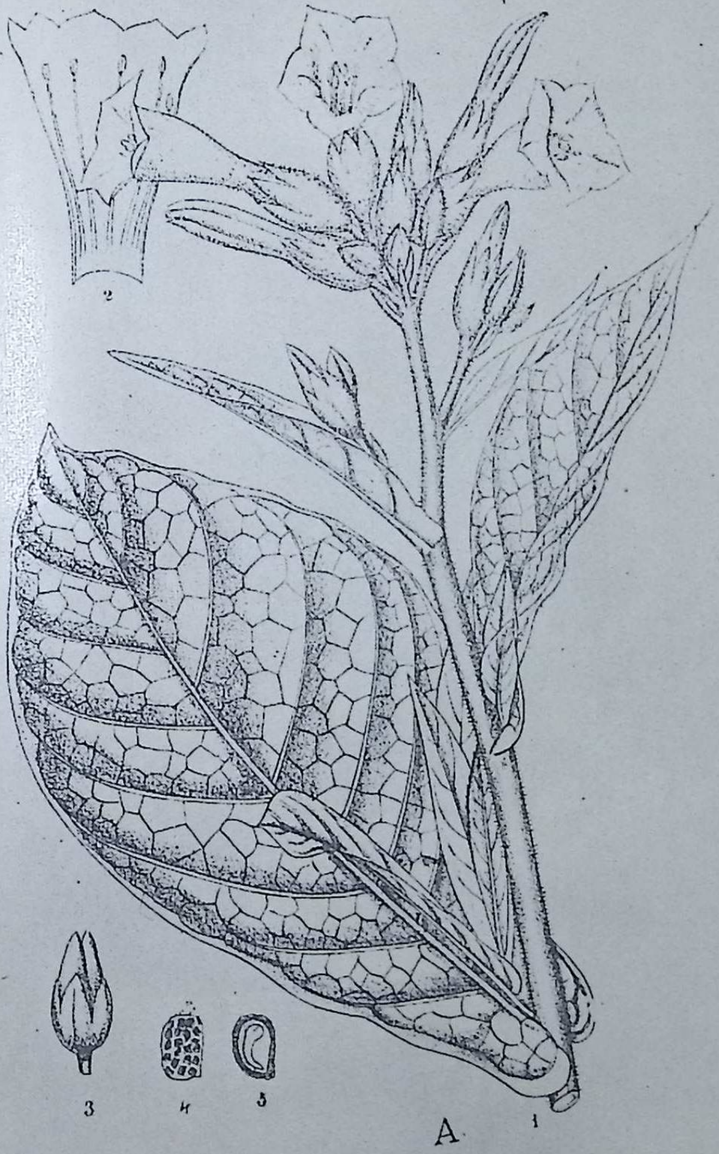
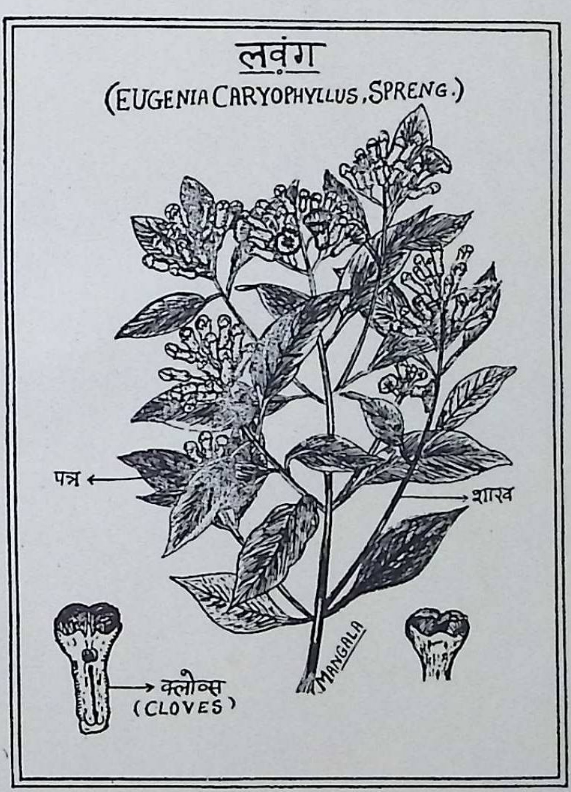


NICOTIANA TABACUM, LINN (TAMBAKU)


लवंग
(EUGENIA CARYOPHYLLUS, SPRENG.)
पत्र
शाख
क्लोव्स
(CLOVES)
MANGALA

Laung—Eugenia carophyllus

Analytical Report

Organoleptic characters	
Colour	Brick red
Smell	Camphoraceous
Touch	Fine
Taste	Pungent
Identification	
Camphor	Positive
Menthol	Positive
Result of assay	
Camphor	5.1998% w/w

CHAPTER XI

AYURVEDIC PATENT MEDICINES

Baidyanath BRAINTAB

Active ingredients

Each Tab. Contains

Hindi	English	Botanical name	
1. Sarpagandha	Serpentina	Rauvolfia serpentina	200.00 mg.
2. Sankhpuspi	—	Evolvulus alsinoides	60.00 mg.
3. Brahmi	Thyme leaved	Herpestis monniera	20.00 mg.
4. Jatamansi	Indian spikenart	Nardostachys jatamansi	20.00 mg.
5. Bach	Sweet flag	Acorus calamus	20.00 mg.
6. Bhringraj	—	Eclipta alba	20.00 mg.
7. Swarn Makshika	—	—	40.00 mg.
8. Jivanti	—	Dendrobium-macrael	20.00 mg.

Pharmacological actions and therapeutic uses of the compound preparation as a whole

A sedative, anticonvulsant and muscular relaxant drug also of use in insanity, insomnia, hysteria, neuresthenia, mental irritability, anxiety and loss of memory, and indicated in hypertension.

Dose:—Two tablets thrice a day.

Action & uses of the individual ingredient

1. *Sarpagandha* (*Rauvolfia serpentina*)

Root is a bitter tonic and possesses well marked sedative properties, and was used as a remedy for poisonous snake bites and in insomnia, hypochondria and irritative conditions of the central nervous system. It acts as a febrifuge. Root contains an alkaloid ophioxylin an orange coloured crystalline principle, resin, starch and wax. The total alkaloid yield is 0.5%. Five crystalline alkaloids isolated are:—

1. Ajmaline	($C_{20}H_{26}O_2N_2$),	M.P.	158°–160°	(0.1%)
2. Ajmalinine	($C_{20}H_{23}O_4N$) ,	M.P.	180°–181°	(0.05%)
3. Ajmalicine	($C_{20}H_{23}O_4N$) ,	M.P.	250°–252°	(0.02%)
4. Serpentine	($C_{21}H_{23}O_4N$),	M.P.	153°–154°	(0.08%)
5. Serpentinine	($C_{21}H_{23}O_4N$),	M.P.	263°–265°	(decomposses.)

All together more than 20 alkaloids have been isolated from Rauvolfia serpentina including reserpine which has come in therapeutic prominence, lalely. Reserpine is used as a tranquiliser, hypotensive agent and for various psychoneurotic conditions mainly where anxiety plays an important aggravating role.

The Ajamaline group acts as a general depressant to the heart, respiration and nerves, and the serpentine group paralyses the respiration and depresses the nerve but stimulates the heart.

2. *Sankhpuspi* (*Evolvulus alsinoides*)

The plant is a bitter tonic, alterative and febrifuge, also anthelmintic, antiphlogistic and used in dysentery. It contains a yellow neutral fat, an alkaloid, an organic acid and saline substances. The whole herb is used medicinally in the form of decoction or infusion. With cumin and milk it is used in fever, nervous debility and loss of memory. Leaves are made into cigarettes and smoked in chronic bronchitis and asthma.

3. *Brahmi* (*Thyme leaved*)

These are used as cardiac and nervine tonic. Leaves and stalk are diuretic and aperient. A glycoside saponin principle "Hersaponin" isolated from Herpestis monniera, is used in Ayurvedic system of medicine in epilepsy, insanity and hysteria. Brahmi contains a trace of oily matter soluble in alcohol, two resins (One easily-soluble in ether), an organic acid a tannin and an alkaloid brahmine".

4. *Jatamansi* (*Indian Spikenarts*)

Its brown hairy and highly aromatic rhizomes have been reported to be useful in the treatment of a variety of disorders such as spasmodic hysteria, fits, epilepsy and other nervous disorders, like insanity for sedation. Jatamansi has also been described as a hypotensive drug and useful in palpitation of heart. Root has somewhat bitter taste, is aromatic and acts as antispasmodic, diuretic, emmenogouge, nerve sedative, tonic, carminative, sedative to the spinalcord, promotes appetite and digestion. A sesquiterpene ketone is present in the rhizome which has been named as Jatamansone (Valeranone). Valeranone (Jatamansone) is a colourless, pleasant smelling liquid having the molecular formula $C_{15}H_{26}^{\circ}$. It yields a crystalline semicarbazone M.P. 208-210°, an oxime, M.P. 112° and 2,4-dinitrophenyl-hydrazone M.P. 101°.

5. *Bach* (*Sweet Flag*)

Root and rhizome are stimulant, emetic, nuseant, stomachic, aromatic, expectorant, carminative, antispasmodic and nervine sedative. In large doses the drug produces violent and persistent emesis.

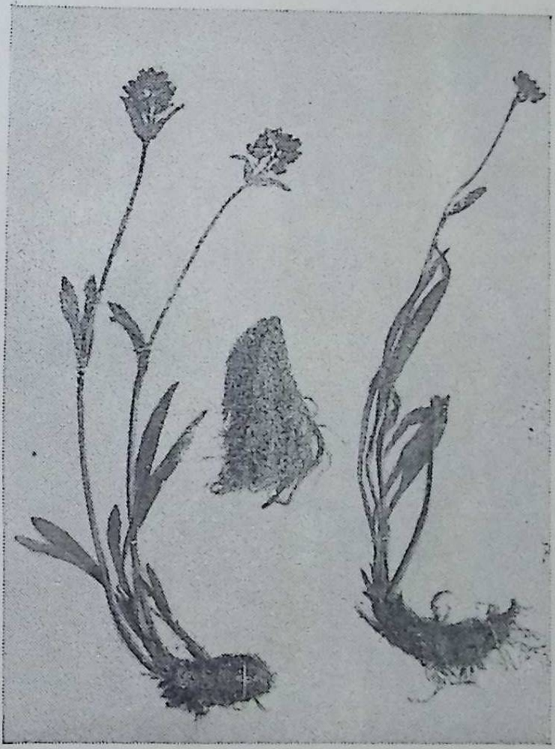
In contains a volatile essential oil, acorin, a bitter principle acoretin (choline), calamine (useful in dysentery), starch, mucilage, a little of tannin. "The dried rhizome yields 1.5% to 2.7% of a neutral yellow aromatic essential oil having an agreeable odour. The fresh aerial part yields about 0.123% of the volatile oil, the unpeeled roots, however, give a much better yield from 1.5% to 3.5%. Acorin, a glucoside, is a honey like liquid very bitter and aromatic, soluble in alcohal, chloroform, ether, splitting into sugar and volatile oil. Acoretin is a resin like body yielding by reduction ethereal oil and sugar.

The active principle from the roots and rhizomes of Acorus calamus were isolated and identified as α Asarone (Asarone) and β Asarone is trans and Cis 2,4,5 trimethoxyl propenyl benezene respectively.

6. *Bhringaraj* (*Eclipta alba*)

Chologogue like taraxacum. Root is tonic and alterative; also emetic and purgative. Juice of the leaves is hepatic tonic, and deobstruent. It contains a large amount of resin and an alkaloidal principle ecliptin. Resin does not yield the reaction of podophyllin.

Brahmi—Herpestis monniera



Jatamansi—Nardostachys jatamansi

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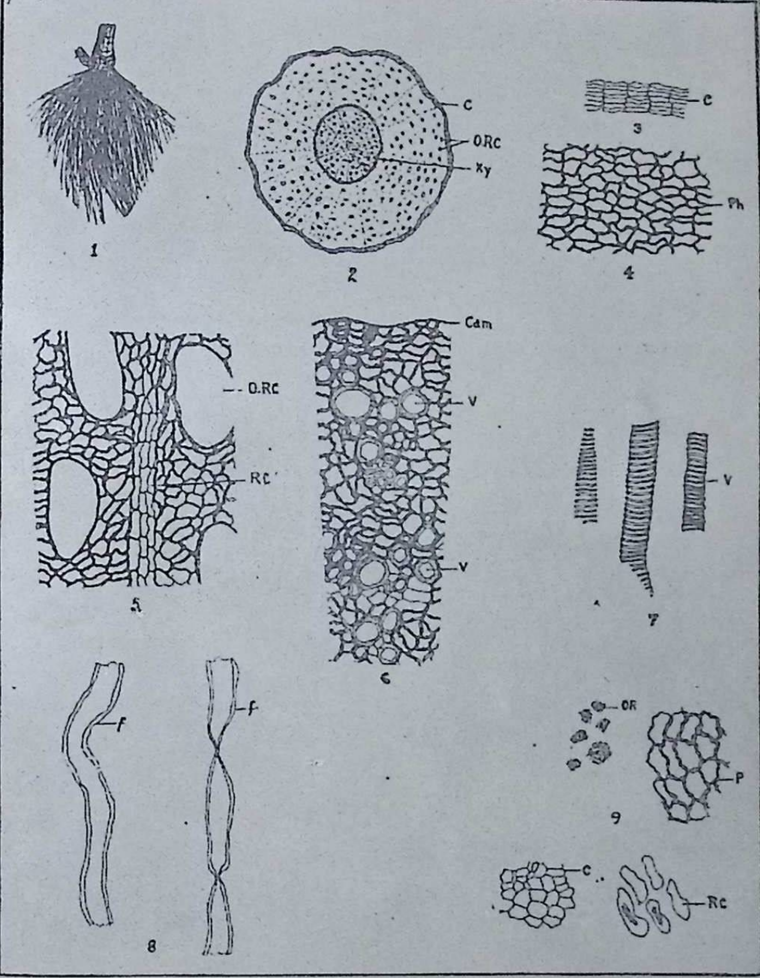
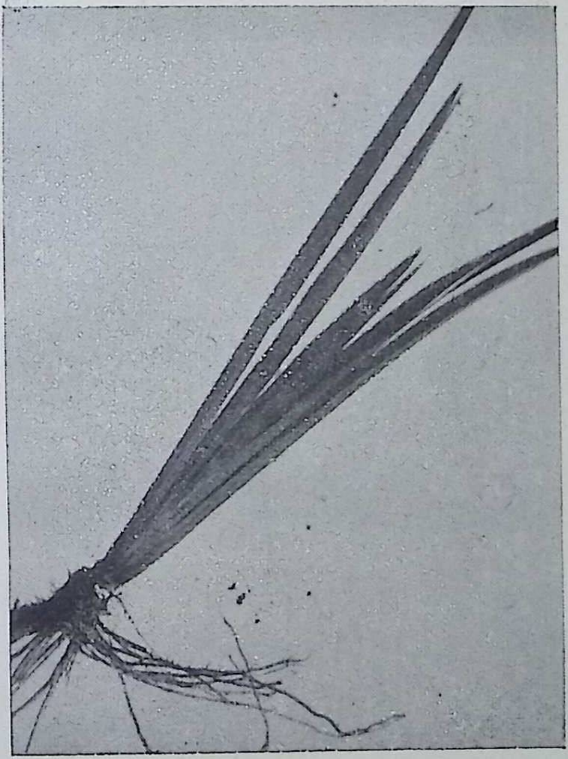


NARDOSTACHYS JATAMANSI (JATAMANSI)

Fig. 1. Morphology of the root—× ½.
Fig. 2. Tr. section of the root (diagrammatic)—× 7.
Fig. 3. Cork in transverse section.—× 165.
Fig. 4. Phloem in transeverse section—× 165.
Fig. 5. Cortex in transverse section—× 165.
Fig. 6. Xylem in transverse section—× 165.
Fig. 7. Isolated vessels—× 165.
Fig. 8. Isolated fibres—× 165.
Fig. 9. Powdered drugs—× 165.
C, Cork; O.R.C., oleo resin cells; Xy, xylem; Ph, phloem; R.C., ray cells; O.R., oleo resin; parenchyma; V, vessels; Cam, cambium; f, fibre.

By courtesy of the book Pharmacogonocy of Indian Root and Rhizome



Bach—Acorus calamus

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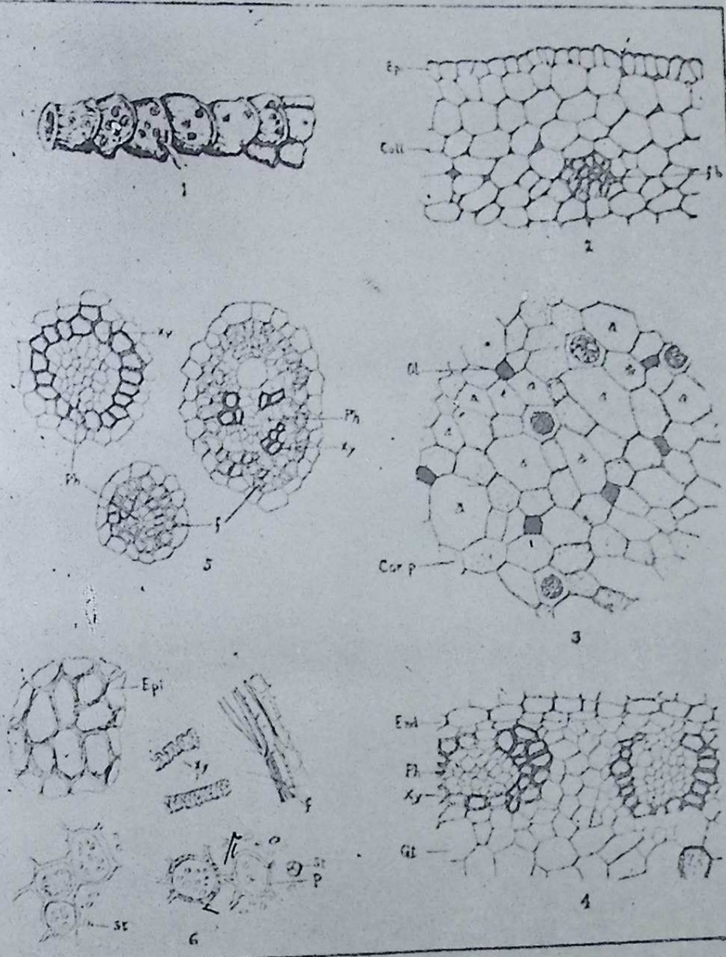
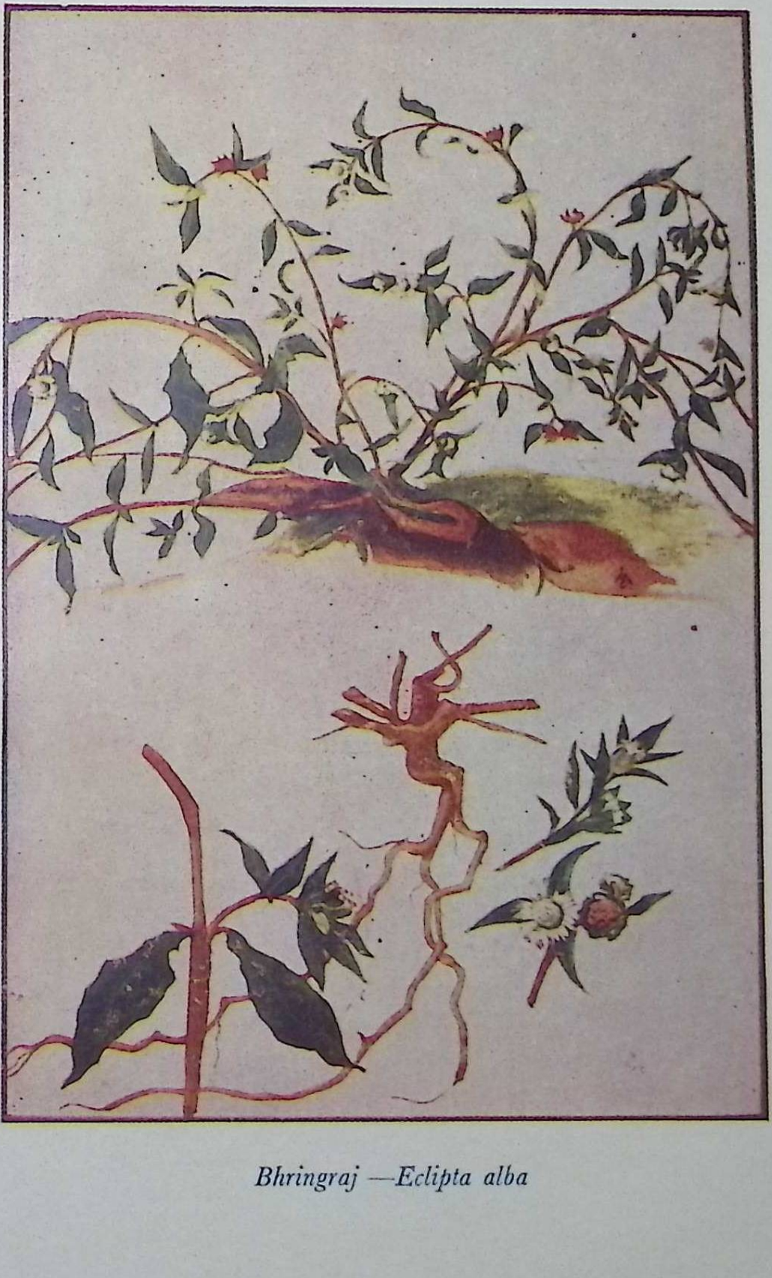
MEDICINES INCLUDING HERBS AND CRUDE DRUGS
CALCUTTA - PATNA - JHANSI - NAGPUR - NAINI (ALLAHABAD)



ACORUS CALAMUS (VACHA)

FIG. 1. Morphology of the rhizome—×½.
FIG. 2. Epidermis and upper cortex in transverse section—×160.
FIG. 3. Cortex in transverse section—×160.
FIG. 4. Ground tissue in transverse section—×160.
FIG. 5. Different kinds of vascular bundles in transverse section—×160.
FIG. 6. Powdered drug—×160.
Epi, Epidermis; Coll., Collenchyma; f.b., fibrous bundle, f, fibres; Ol, oil cells; a, air gaps; r, xylem; Ph, phloem; End, endodermis; G.t., ground tissue; St, starch grains. P, parenchyma; r P, cortical Parenchyma.

By courtesy of the book Pharmacogonocy of Indian Root and Rhizome



Bhringraj —Eclipta alba

7. *Jivanti* (*Dendrobium mecrael*)

Cooling, mucilaginous, stregthening, demulcent and tonic. It contains two resinous principle termed Alpha and Beta Jebantic acids and an alkaloid called Jibantine. The Beto acid is bitter and soluble; the Alpha acid is insoluble in ether and slightly bitter. Its root are given as a tonic in debility due to seminal discharges.

Analytical Report

Organoleptic characters

Colour	Brown
Smell	Characteristic smell
Taste	Tasteless
Av. wt. of a tab.	600 mg.
Hardness	2.5 Kg. Sq. Cm
Disintegration time	5 minutes

Baidyanath GAISOL PACHAK

Active ingredients

Each Tab. contains

Hindi	English	Botanical name	
1. Sonth	Ginger	Zingiber officinale	85.094 mg.
2. Sendha lavan	Rock salt	Sodium chloride	85.094 mg.
2. Bid lavan	Vid lavan	—	85.094 mg.
4. Nausadar	Ammonium chloride	—	85.094 mg.
5. Jeera safed	Cumin seed	Cuminum cyminum	42. 54 mg.
6. Citric acid	Citric acid	—	42.547 mg.
7. Kalimarich	Black pepper	Piper nigrum	34.038 mg.
8. Hing (Sodhit)	Asafoetida purified	Ferula foetida	1. 70 mg.
9. Peppermint	Menthol	Mentha sp.	1. 70 mg.

Pharmacological actions and therapeutic uses of the compound preparation as a whole

Useful as a carminative, aperient and stomachic and effective in various gastro-intestinal diseases like acidity, dyspepsia and heart burn.

Dose:—1 to 2 tablets to be sucked

Action & uses of the individual ingredient

1. *Sonth* (*Ginger*)

This is aromatic, carminative, stimulant and rubifacient. It is used in sore throat, pharyangitis and laryngitis.

Indian ginger contains an aromatic volatile oil 1 to 5%, containing camphene, phellandrene, zingiberine, cineol and borneol; gingerol a yellow pungent body; and oleo-resin, "gingerin" the active principle, other resins and starch, potassium-oxalate. The essential oil and resin to which ginger owes its pungent flavour, occurs just beneath the skin or epidermis of the crude drug.

2. *Bid lavan and saindhalavan* (*Rock salt*)

It is carminative, laxative, stomachic, tonic, given in colic, indigestion and enelargement of the liver and spleen. Bid lavan and saindhalavan these are natural salts.

3. *Nausadar* (*Ammonium chloride*)

It is alterative, expectorant and cholagogue in small doses; large doses are purgative. It has a marked stimulating action on the mucous membranes, increasing their secretion also on the absorbent system and on gland structures. For hepatitis, salammonia mixed with other Ayurvedic drugs is very useful.

4. *Jeera safed* (*Cuminseeds*)

Seeds are carminative, aromatic, stimulant and astringent.

Seeds contains fatty oil, resin, mucilage, gum, protein compounds, malates and an essential oil to which the aromatic odour and taste is due. A valuable essential oil "thymene" rich in 'carvon' obtained from the seeds, contains cuminol or cumic aldehyde 56%, a mixture of hydro-carbons, cymene or cymol and terpene. Thymol occurs in fairly large proportion in the oil of ajowan which is distilled from the fruits.

5. *Citric acid*

Citric cid is anhydrous or contains one molecule of water of hydration. Citric acid is the acid to which lemons and other citrus fruits owe their sour taste. It may play an important role in carbohydrate metabolism.

Citric acid is important in the formation and treatment of urinary calculi and also useful in rickets. It is mildly astringent and is sometimes used in inflammed conditions of skin such as sun-burn. Citrates are partly oxidised into carbonic acid and water. If continued for long time the juice of citric acid impairs digestion. It is supposed to dissolve organic matter in the system.

6. *Kalimarich* (*Black pepper*)

Black pepper is acrid, pungent, hot, carminative also used as antiperiodic. Piperine is a mild antipyretic and antiperiodic.

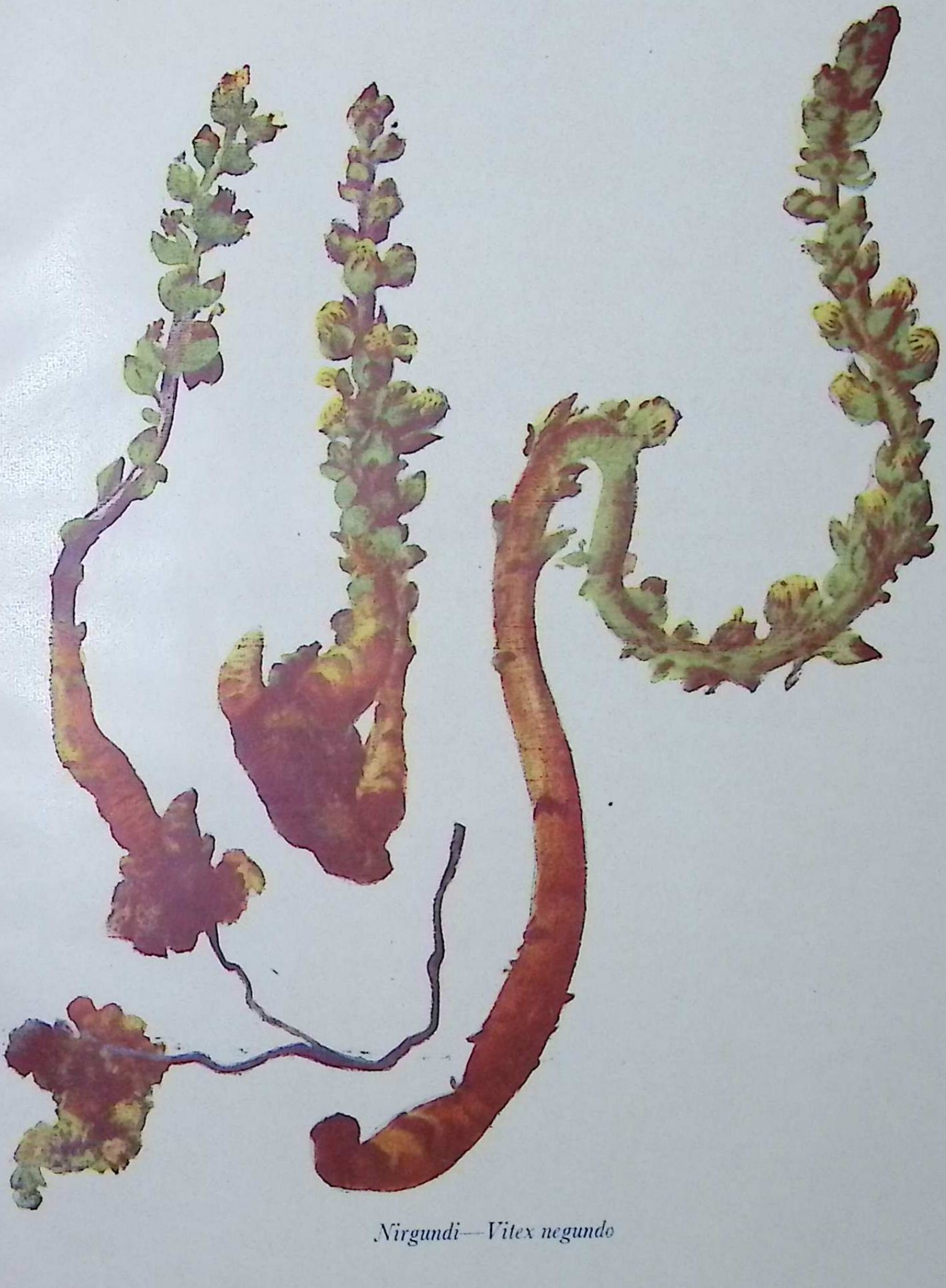
It contains a volatile alkaloid peperine or pipirine 5% to 9%, piperidine or piperidin 5%, a balsamic volatile essential oil 1 to 2%, fat 7%, masocarp contains chavicin, a balsamic volatile oil, starch, lignin, gum, fat 1%, proteids 7% and ash containing organic matter 5%.

It is used in constipation, piles, colic, gastric troubles, ascities, worm infestations, dyspepsia and flatulance.

7. *Hing* (*Assafoetida*)

Stimulant, carminative, antispasmodic, expectorant and laxative; also anthelmintic, diuretic, aphrodisiac and emmenagogue. It is a nervine stimulant.

It contains organic sulphur compound; volatile oil 5%, containing essential oil of garlic-allyl, allyl persulphide and two terpenes; a resin 65%, a ferulic acid, ester of asarsino-tannol; free ferfulic acid; gum 25% and ash 4%, also malic, acetic, formic and Valerainic acid.



Nirgundi—Vitex negundo

Analytical Report

Organoleptic characters

Colour	Brown
Smell	Characteristic smell
Taste	Salty
Av. wt. of a tab.	0.501 gms.
Hardness	2 Kg/Sq. Cm.

Baidyanath LEPRIN TABLET

	Hindi	English	Botanical name	
1.	Nirgundi mool	Five Leaved Chaste tree root	Vitex negundo	0.492 mg.

Pharmacological actions and therapeutic uses of the compound preparation as a whole

Antileprotic, indicated in lepromatous and tuberculoid type of leprosy. Scientific clinical trials of leprin tablets (**Baidyanath Patna**) was conducted at Patna Medical College, a college of allopathic system of medicine, Bihar. It was concluded that tuberculoid type of leprosy patients were relieved of tingling in 6 months. This was accompanied with diminution of the area of anaesthetic patch and thickness of nerve. The tuberculoid cases were bacili free from the very beginning.

In lepromatous cases the raised erythematous patches become flattened out, loose their erythema and are changed to dark hue in two month's times. The lesions to respond first were on the extremities, than those on trunk and last of all the facial lesions responded.

After 6 months the number of acid fast bacilli decreased to an enormous extent.

The nasal smears became negative after 6 months of therapy.

Dose:—4 to 6 tablets with water or milk.

Action & uses of the individual ingredient

1. *Nirgundi mool* (*Vitex negundo*)

Its leaves are very efficacious in dispelling inflammatory swelling of the joint from acute rheumatism and of the testes from suppressed gonorrhoea and orchitis.

They have a resin, an astringent organic acid, malic acid, traces of an alkaloid and a colouring matter. Its oil cures sloughing wounds and ulcer. It may also be used as bathing oil for rubbing on the head in glandular tubercular swelling of the neck. The root is used in rheumatism and for worm infestation. The main indication of the root is however in Leprosy.

Analytical Report

Organoleptic characters

Colour	Ash
Smell	Characteristic smell
Taste	Tastless

Av. wt. of a tab.	600 mg.
Hardness	2 Kg/Sq. cm
Disentegration time	3 minutes

Baidyanath MRITASANJIVANI SURA

Active ingredients

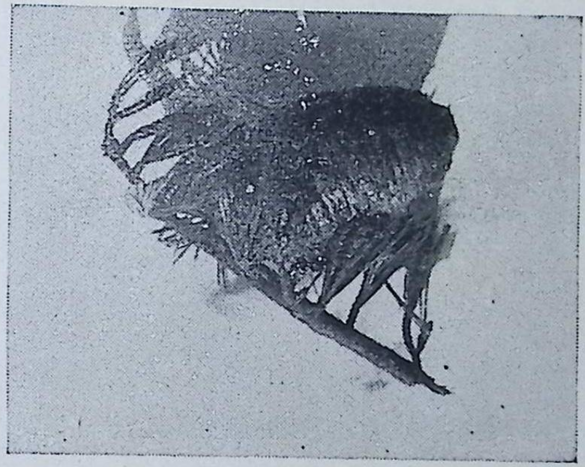
Each liter contains

	Hindi	English	Botanical name	
1.	Guda	Jaggary	—	0.437 Kg.
2.	Ber Chhal	Jujube bark	Zizyphus jujuba	0. 07 Kg.
3.	Babool chhal	Babul bark	Acacia arbica	0. 07 Kg.
4.	Supari	Betel nut	Areca catechu	0. 07 Kg.
5.	Lodhra	Lodha	Symplocos racemosa	0.175 Kg.
6.	Adrakh	Ginger	Zingiberal officinale	0.087 Kg.
7.	Deodar	Pinous deodar	Cedrus deodara	0. 02 Kg.
8.	Padam kasta	Mild himalyacheery	Prunus puddum	0.020 Kg.
9.	Khus	Coscus grass	Vetiveria zizeniodis	0.020 Kg.
10.	Sandal safed	Sandal wood white	Santalum album	0.020 Kg.
11.	Sandal lal	Red Sandal wood	Pterocarpus santalinus	0.020 Kg.
12.	Supari chikni	—	—	0.020 Kg.
13.	Lavang	Clove	Eugnia carophyllus	0.020 Kg.
14.	Dalchini	Cinnamon	Cinnamomum cassia	0.020 Kg.
15.	Chhoti Illiachi	Cardamom	Elettaria cardamomum	0.020 Kg.
16.	Sowa	Dill	Peucedanum graveolens	0.020 Kg.
17.	Ajowan	Omum seeds	Trachyspermum ammi	0.020 Kg.
18.	Kalimarich	Black pepper	Piper nigrum	0.020 Kg.
19.	Jeera safed	Cumin seed	Cuminum cyminum	0.020 Kg.
20.	Jeera shia	Black caraway seed	Carum carvi	0.020 Kg.
21.	Jaiphal	Nutmeg	Myristica fragrans	0.020 Kg.
22.	Sonth	Ginger	Zingeber officinale	0.020 Kg.
23.	Saunf	Sweet fennel	Foeniculum vulgare	0.020 Kg.
24.	Kachur	Zedoary	Curcuma zedoaria	0.020 Kg.
25.	Jatamansi	Indian spikenart	Nardostachys jatamansi	0.020 Kg.
26.	Elwa	Small aloe	Aloe littoralis	0.020 Kg.
27.	Gathiwan	—	—	0.020 Kg.
28.	Nagarmotha	—	Cyperus scariosus	0.020 Kg.
29.	Methi	—	Trigonella foenumgraecum	0.020 Kg.

Pharmacological actions and therapeutic uses of the compound preparation as a whole

Mritasanjivani Sura is an ideal ayurvedic tonic for vigour and vitality. This is purely a self generated alcohol obtained after fermentation from several ayurvedic herbs by distillation process. It is generally taken after meals. It gives strength to body which relieves, tiredness and gives energy to do more physical and mental work.

Dose:—5 to 15 ml. with double the quantity of water.



Deodar—Cedrus deodara

Action & uses of the individual ingredient

1. *Deodar* (*Pinus deodara*)

Wood yields an oleo-resin known as kelanka-tel and a dark coloured oil or tar resembling crude turpentine is obtained by destructive distillation.

Wood is carminative; bark is powerfully astringent and febrifuge. Oleo-resin and dark coloured oil are used in ulcers and skin diseases.

2. *Khus* (*Cuscus grass*)

Cuscus grass contains a volatile essential oil, resin, colouring matter, a salt of lime, oxide of iron and woody matters.

It is a tonic to heart and brain and also useful in headache and palpitation of the heart. Being a cooling root it is a refreshing drink in fever, inflammation and irritability of the stomach.

3. *Lavang* (*Cloves*)

Cloves are stomachic, carminative, stimulant, aromatic and antispasmodic; externally oil is antiseptic, local anaesthetic and rubefacient. Cloves owe their valuable properties to the presence of considerable quantity of the volatile oil of clove.

A heavy volatile oil 16 to 20%, a camphor resin 6%, caryophyllin or eugenin a crystalline substance, woody fibre and gum. Caryophyllin "occurs in silky stellate needles". Oil distilled from cloves contains (1) eugenol 85 to 92%, chemically resembling phenol, (2) acetyleugenol, (2) caryophyllene, a sesquiterpene, furfural and methyl amylketone.

4. *Saunf* (*Fennel*)

Dried ripe fruit and its essential oil are used as stimulant, aromatic, carminative, diuretic, emmenagogue and purgative, fennel fruit yields about 3 to 5% of volatile oil of a pleasant aromatic odour. Oil is useful in flatulance and checks the griping of purgatives.

5. *Jatamansi* (*Indian Spike nart*)

Its brown hairy and highly aromatic rhizomes have been reported to be useful in the treatment of a variety of disorders such as spasmodic, hysteria, fits, epilepsy and other nervous disorders, like insanity for sedation. Jatamansi has also been described as a hypotensive drug and useful in palpitation of heart. Root has somewhat bitter taste, is aromatic and acts as antispasmodic, diuretic, emmenogogue, nerve sedative, tonic, carminative, sedative to the spinalcord, promotes appetite and digestion. A sesquiterpene ketone is present in the rhizome which has been named as a Jatamansone (Valeranone). Valeranone (Jatamansone) is a colourless, pleasant smelling liquid having the molecular formula $C_{15}H_{26}0$. It yields a crystalline semicarbazone m.p. 208-210°, an oxime, m.p. 112° and a 2,4 hydrazone m.p. 101°.

Analytical Report

Organoleptic characters

Colour	Light yellow
Smell	Fragrant

Touch	
Taste	Acrid

Sugar

Reducing	Nil
Non-reducing	Nil
Specific gravity at 25°	0.998
Solid contents	0.011 per cent w/v
pH value	3.1
Alcohol contents	25 per cent v/v

Baidyanath **SARPAGANDHA TABLET**

Active ingredients

Each Tab. Contains

	Hindi	**English**	**Botanical name**	
1.	Sarpagandha	Serpentina	Rauvolfia serpentina	0.341 mg.

Pharmacological actions and therapeutics uses of the compoundpreparation as a whole

The compound is a sedative and hypotensive agent specially used to lower diastolic blood pressure.

Dose:—1 to 2 tablets with milk or water.

Action & uses of the individual ingredient

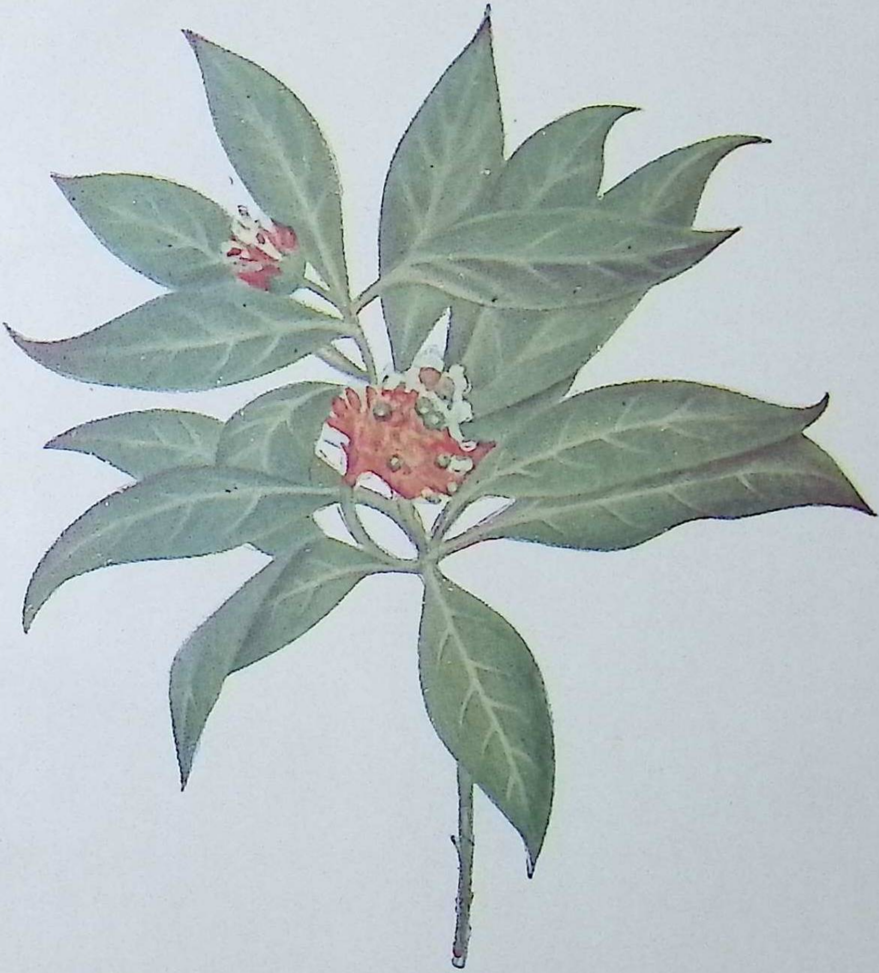
1. *Sarpagandha* (*Rauvolfia serpentina*)

Root is a bitter tonic and possesses well marked sedative properties and was used as a remedy for poisonous snake bites and in insomnia, hypochondria and irritative conditions of the central nervous system. It also acts as a febrifuge. Root contains an alkaloid ophioxylin an orange coloured crystalline principle, resin, starch and wax. The total alkaloid yield is 0.5%. Five crystalline alkaloids isolated are:—

1.	Ajmaline	($C_{20}H_{26}O_2N_2$)	M.P. 158°–160°–0.1%
2.	Ajmalinine	($C_{20}H_{23}O_4N$)	M.P. 180°–182°–0.05%
3.	Ajmalicine	($C_{20}H_{23}O_4N$)	M.P. 250-252°–0.02%
4.	Serpentinine	($C_{21}H_{23}O_4N$)	M.P. 153°–154°–0.08%
5.	Serpentinine	($C_{21}H_{23}O_4N$)	M.P. 263°–265° decomposses.

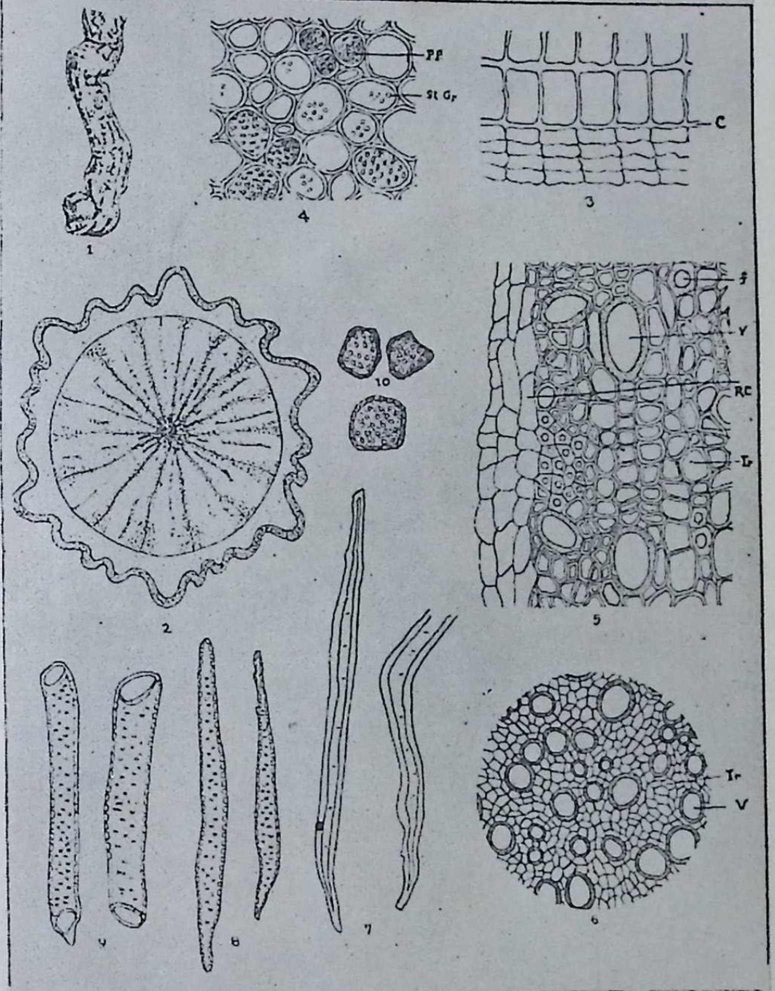
All together more than 20 alkaloids have been isolated from Rauvolfia serpentina including Reserpine which has come in therapeutic prominence lately. Reserpine is used as a tranquiliser, hypotensive agent, and for various psychoneurotic conditions mainly where anxiety plays an important aggravating role.

The Ajamaline group acts as a general depressant to the heart, respiration and nerves, and the serpentine group paralyses the respiration and depresses the nerve but stimulates the heart.



Sarpagandha—Rauvolfia serpentina

SHREE Baidyanath AYURVED BHAWAN LIMITED
MANUFACTURERS & EXPORTERS OF AYURVEDIC PROPRIETARY & PATENT MEDICINES INCLUDING HERBS AND CRUDE DRUGS
CALCUTTA - PATNA - JHANSI - NAGPUR - NAINI (ALLAHABAD)



RAUVOLFIA SERPENTINA (SARPAGANDHA)

Fig. 1. Macroscopic appearance of the root— × ½.
Fig. 2. Transverse section of the root (diagrammatic)— × 4.
Fig. 3. Transverse section of the cork— × 150.
Fig. 4. Transverse section of the root showing pitted parenchyma— × 175.
Fig. 5. Transverse section of the xylem portion— × 150.
Fig. 6. Transverse section of the central portion of the root— × 150.
Fig. 7. Fibres— × 175.
Fig. 8. Tracheids— × 175.
Fig. 9. Vessels— × 175.
Fig. 10. Pitted parenchyma— × 175.

C, cork; R.C., ray cells; f, fibres; V, vessel; Tr, tracheids; p.p., pitted parenchyma; St. Gr., starch grains.

By courtesy of the book Pharmacogonocy of Indian Root and Rhizome

Aalytical Report

Organoleptic characters

Colour	Light brown
Taste	Bitter
Smell	Odourless
Av. wt. of a tab.	375 mg.
Hardness	2/Kg/Sq.Cm

APPENDIX-I

Description of some of the common ingredients which generally occur in many Baidyanath Preparations mentioned in the treatise.

1. *Sugar and sugar candy*

Preservative, demulcent, antiseptic, cooling, laxative and diuretic. It increases the solubility of lime in water. It also acts as a food and nutrient to adipose tissue; it produces heat and energy. Sugar and sugar candy is useful in delirium and disorders of the pita and vayu.

2. *Madhu* (*Honey*)

New Honey is considered demulcent and laxative. Honey more than an year old is astringent, demulcent, detergent, pectroal, emolient and laxative. It also possesses nutritive properties. The fatty acid present in honey stimulates peristalsis and digestion. Honey in moderate doses has a beneficial effect on the digestion and appetite of those with weak stomachs and loose bowels. It is most potent fuel to provide energy for heart muscle.

As a demulcent honey and warm barely water given internally for constipation and indigestion, in bronchial asthma, chronic cold, troublesome cough and sore throat. It is a useful laxative for children. It also acts as a preservative.

3. *Ghee*

Ghee is cooling, emotient and stomachic. It increases the fatty tissues and mental powers, improves the voice, beauty and complexion.

4. *Til ka Tel* (*Sesame oil*)

This oil is employed medicinally for all the same purpose for which oilve oil is applied externally as dressing for ulcers and suppurating wounds, soothing to the nerves and maintains the lusture of the skin and is also a tonic to the skin. It maintains the mobilities of the joint. It contains fixed oil 50 to 60%. Seeds also contain proteids 22%, carbohydrates 18%, mucilage 4%, woody fiber 4%, and ash 4.8%. Oil contains 70%, of liquid fat consisting of the glycerides of olic and linoleic acids and 12 to 14% of solid fat, stearin, palmitin and myristin; a crystalline substance sesomin and a phenol compound sesamool.

5. *Guda* (*Jaggary*)

Guda is prepared from juice of sugarcane. It pacifies the troubles created by vayu (nervous diseases) and pitta troubles. It increases cough. It is a cardiac tonic, diuretic, aphrodiasiac and promotes strength. It is glactogogue and is also indicated in kidney troubles, cough, asthma and haemoptysis.

6. *Dhatki* (*Woodfordia fruticasa*)

Flowers are stimulant and astringent; dried ones are astringent and tonic. Flowers are added to prepared liquid decoction in making most of the Asavas and Arista for alcoholic fermentation.

APPENDIX-II

Glossary of the herbal drugs mentioned in the treatise

Botanical name **Sanskrit name**

1. Abies webbiana : Talisapatra
Parts used : Dried leaves.
Doses : 0.5 to 1 gm., in power form
14 to 42 ml. as infusion.

2. Acacia arbica : Babbula
Parts used : Barks, leaves, fruits and gum.
Doses : Leaves 2 to 4 gm.
Bark decoction 28 to 57 ml.
Seeds 1.5 to 3 gm.
Gum 2 to 5 gm.

3. Acacia Catechu : Khadira
Parts used : Bark, wood, flowering tops, gum and extract.
Doses : Bark and wood in powder form
1 to 2 gm. 28 to 57 ml. in decoction forms
Flowers—1 to 2 gm.
Extract—0.5 to 1 gm.

4. Aconitum ferox : Vatsanabha (Visha)
Parts used : Root (Poison).
Doses 16 mgm. (After purification)

5. Aconitum hetrophylum : Ativisha (Atisha).
Parts used : Root.
Doses 0.5 to 3 gm. (Powder).

6. Acorus calamus : Bach
Parts used Root
Doses : 250 to 500 mgm. (Powder)
As emetic 0.5 to 1 gm.

7. Aegle marmelos : Bilva (Baela)
Parts used : Root, Bark, leaves, fruits.
Doses : Powder 2 to 12 gm.
Swarasa 10 to 15 ml.
Decoction 28 to 57 ml.

8. Aloe vera : Kumari, Ghrita kumari
Parts : All parts of the plant
Doses : Swarasa 10 to 15 ml.
Sara 250 to 500 mg.

9. Alpinia galanga : Rasna, Kulanjana.
Parts used : Root stock and fruit.
Doses : Root powder 1 to 2 gm.

10. Anacyclus pyrethrum : Akarkarabha (Akarkara)
Parts used : Root
Doses : 0.5 to 1 gm.

11. Apium graveolens : Ajamoda
Parts used : Roots and fruits.
Doses : 1 to 3 gm. (Seeds powder)

12. Aquilaria agallocha : Agaru
Parts used : Wood Oil.
Doses : .0.5 to 1.5 grs.
Oil 0.2 to 1 ml.

13. Areca catechu : Supari
Parts used : Fruits.
Doses : 1 to 3 gm.

14. Aspargus adscendens : 1 to 3 gm.
Parts used : Tuberous root
Doses : 3 to 6 gm.

15. Asperagus racemosus : Shatavari.
Parts used : Roots and leaves.
Doses : Swarasa 10 to 15 ml.

16. Assafoetida (Ferula foetida) : Hingu
Parts used : Niryasa (Gum).
Doses : 250 to 500 mg.

17. Baliospermum montanum : Danti.
Parts used : Root, seeds, and leaves.
Doses : Root powder 1 to 3 gm.
Seeds powder 7 to 21 mg.
Leaves decoction 28 to 57 ml.

18. Commiphora mukul : Guggulu
Parts used Niryasa (Gum).
Doses : 1 to 2 gm.

19. Bambusa arundenacia : Bansa (Banslochan)
Parts used : Root, leaves, leaf bud, fruit and Bansalochan
Doses : Kavatha 57 to 114 ml.
Bansalochana 1 to 3 gm.

20. Barberis aristata : Daruharidra
Parts used : Root, stem and fruits.
Doses : Swarasa 10 to 15 ml.
Kavatha 57 to 114 ml.
Rasota 0.5 to 1 gm.

21. Bassia latifolia : Madhuka
Parts used : Flowers 300 mg. to 1 gm.
Bark Kvaths 57 to 114 ml.

22. Boerhavia diffusa : Punarnava
Parts used : Whole plant, leaves and root
Doses : Root swarasa 4 to 12 ml.
Powder 1 to 3 gm.
Panchang swarasa 10 to 15 ml.

23. Cinnamomum camphora : Karpura
Parts used : Niryasa.
Doses : 250 to 400 mgm.

24. Carum carvi : Syahajira
Parts used : Seeds
Doses : Powder 0.5 to 1 gm.

25. Cassia augustifolia : Markandika (Sanai)
Parts used : Leaves and fruits.
Doses : Powder 1 to 3 gm.
Powder 4 to 8 ml. for laxative.

26. Eugenia cargophylus : Lavanga (Clove)
Parts used : Flower buds, oil.
Doses : Oil 0.5 to 1 ml.

27. Cedrus devadara : Devadaru
Parts used : Bark, wood, leaves and turpentine.
Doses : Wood powder 3 to 6 gm.
Decoction 28 to 57 ml.
Turpentine 1 to 2 ml.

28. Centella asiatica or : Hydrocotile asiatica: Manduka aparni
Brahmi Whole plants. :
Dose : Swarasa 7 to 14 ml.
Powder 0.5 to 1 gm.

29. Centratherum anthelminticum : Aranya jiraka, Somaraji karjiri
Parts used All parts of the plant, and seeds.
Doses : Seeds powder 6 to 12 gm.
Leaves swarasa 14 to 28 ml.

30. Cinnamomum tamala : Tejapatra
Parts used : Leaves.
Doses : Powder 1.5 to 3 gm.

31. Cinnamomum cassia : Tvak, Darchni
Parts used : Bark and oil
Doses : Powder 0.5 to 1.5 gm.
Oil 0.3 ml.

32. Cissampelos pareera : Patha
Parts used : Leaves and root bark.
Doses : Root bark 4 to 6 gm.

33. Citrullus colocynthis : Indravaruni
Parts used : Root, dried pulp of the fruit, the seeds, oil from seeds.
Doses : Root powder 400 to 600 mgm.
Fruit powder 250 to 500 mg.
Root swarasa 4 to 12 ml.

34. Clerodendrum sirratum : Bharangi
Parts used : Leaves and roots.
Doses : Leaves swarasa 4 to 12 ml.
Leaves powder 2 to 3 gm.
Root decoction 28 to 57 ml.

35. Coriandrum sativum : Dhanyaka (Dhania)
Parts used : Leaves and seeds.
Doses : Powder 4 to 8 ml.
Shita kasaya 16 to 32 ml.
Swarasa 10 to 18 ml.

36. Cubeba officinalis : Kababchini
Parts used : Dried immature full grown fruits
Doses : 750 mg. to 1.5 gm.

37. Cuminum cyminum : Safed jeera
Parts used : Fruit or seed, essential oil
Doses : 3 to 6 gm.

38. Curcuma longa : Haridra
Parts used : Root stock
Doses : Swarasa 4 to 8 ml.

39. Cyperus scascious : Nagarmustaka
Parts used : Tubercles, root.
Doses : Powder 1 to 3 gm.
Decoction 57 to 114 ml.

40. Convolvulus & alsionoides: : Shankha pupspi
Parts used : Whole plant.
Doses : Swarasa 15 to 30 ml.
Powder 1 to 2 gm.
Decoction 57 to 114 ml.

41. Datura alba : Dhatura
Parts used : Leaves, flower, root, fruit and panchanga.
Doses : Leaves powder 100 mg. to 300 mg.
Leaves for smoking 1 to 2 gm.
Seeds 65 to 130 mg.

42. Eclipta alba : Bhringaraja
Parts used : Whole plant.
Doses : Swarasa 4 to 12 ml.
Powder 3 to 6 gm.

43. Embelia ribes : Vidanga
Parts used : Berries.
Powder doses : 2 to 3 gm.
Doses : 1 to 2 gm.
14 to 28 ml.

44. Emblica officinalis : Amalaki (Amala)
Parts used : Fruits.
Doses : Swarasa 10 to 15 ml.
Powder 3 to 6 gm.

45. Foeniculum vulgare : Shatapuspa or Madhurika
Parts used : Roots, fruits and oil.
Doses : Powder 1 to 3 gm.
Oil 1 to 2 ml.
28 to 57 ml.

46. Glycerrhiza glabra : Yastimadhu
Parts used : Roots and roots extract.
Doses : 2 to 4 gm.
Extract 0.5 to 1.5 gm.

47. Hemidesmus Indicus: : Anantamula
Parts used : Roots, whole plant.
Doses : Roots powder 0.5 to 4 gm.
Decoction 28 to 57 ml.

48. Hydrocotila asiatica : Brahmi (Mandukaparni)
Parts used : Whole plant.
Doses Swarasa 0.5 to 2 gms.

49. Mentha pipereta : Pipermint
Parts used : Whole plant, oil and extract.
Doses : Infusion 3 to 10 drachs.
Oil 0.2 to 0.3 ml.
Satva 33 to 132 mg.

50. Mesua ferra : Nagakeshara.
Parts used : Pollen (Kshara) flower
Doses : Powder 0.5 to 1 gms.

51. Myrica nagi : Kayaphala
Parts used : Bark
Doses : 1 to 2 gm. (Powder)

52. Myristica fragrans : Javitri (Jatikosha, Jayaphala).
Parts used : Seeds and capsules.
Doses : Powder 1 to 1.5 gms.
Oil 0.2 to 1 ml.

53. Musk or Moschus moschiferus:: Kasturi
Parts used : Kasturi
Doses : 7 to 14 mg.

54. Nardostachy jatamansi : Jatamansi.
Parts used : Root stock.
Doses : Powder 1 to 1.5 gms.
: Decocsion 28 to 57 ml.

55. Oroxylum Indicum : Syonaka (Sonapatha)
Parts used : Bark root.
Doses : Bark powder 0.5 to 1 gms.
Decoction 28 to 57 ml.

56. Phasecolus roxburghi : Masha
Parts used : Seeds
Doses : Powder 4 to 10 gms.

57. Picrorrhiza kurroa : Katuki
Parts used : Root
Doses : Powder 750 mg. to 1.5 gm.

58. Piper chaba : Chavya
Parts used : Root and fruit
Doses : Powder 1 to 2 gm.

59. Piper longum : Pippali
Parts used : Root, fruit
Doses : powder 1 to 2 gm.

60. Piper nigrum : Maricha
Parts used : Fruit
Doses : 0.5 to 1.5 gm.

61. Plumbago zeylanica : Chitraka
Parts used : Roots bark.
Doses : 250 mg. to 1 gm.

62. Prunus padum : Padma kastha
Parts used : Stems, bark, seeds
Doses : Powder 750 mg. to 2 gm.
Infusion 2 to 3 ozs.

63. Pterocarpus marsupium : Vijaysar
Parts used : Stem.
Doses : Kvath 50 to 100 gm.
Powder 3 to 6 gm.

64. Pterocarpus santalenus : Rakta chandana.
Parts used : Wood
Doses : Powder 1.5 to 3 gm.
Decoction 28 to 57 ml.

65. Ptyachotis : Ajawayan
Parts used : Seeds
Doses : Powder 1 to 2 gm.

66. Rhus succedenia : Karkatasringi
Parts used : Capsule
Doses : Powder 750 mg. to 2 gm.

67. Ricinus communis : Eranda
Parts used : Root, leaves, seeds and oil.
Doses : Root paste 3 to 5 gm.
Leaves paste 10 to 15 ml.
Oil 14 to 28 ml.
Seeds 2 to 6 seeds.

68. Rubia cordifolia : Manjistha
Parts used : Root.
Doses : Kvatha 57 to 114 ml.
Powder 1 to 3 gm.

69. Rauvolfia serpentina : Sarpagandha.
Parts used : Root
Doses : Powder 250 to 500 mg. (for lowering down the blood pressure).
1 to 2 gm. (as hypnotic).
1 to 3 gm. (in insanity).

70. Santalum album : Chandana
Parts used : Sood and oil.
Doses : Powder 3 to 6 gm.
Oil 0.5 to 2 ml.

71. Saraca Indica : Ashoka
Parts used : Bark, flower and seeds.
Doses : Decoction 57 to 114 ml.
Seeds powder 1 to 3 gm.

72. Saussuria lappa : Kustha.
Parts used : Root
Doses : Powder 3 to 6 gm.

73. Sisemum Indicum : Tila
Parts used : Seeds and Oil.
Doses : Powder 3 to 6 gm.

74. Sida Cordifolia : Bala
Parts used : Whole parts, roots, seeds.
Doses : Swarasa 7 to 17 ml.
Powder 1 to 3 gm.

75. Solanum xathocarpum : Kantakari
Parts used : Whole plant.
Doses : Kvatha 57 to 114 ml.
Powder 1 to 2 gm.

76. Solanum nigrum : Kakamachi
Parts used : Whole plant
Doses : Swarasa 10 to 15 ml.

77. Saffron (Crocus sativa) : Keshara (Kumkum).
Parts used : Keshara (Pollen).
Doses : 0.5 to 1 gm.

78. Symplocus recemosus : Lodhra
Parts used : Bark
Doses : Powder 1 to 3 gm.
Kvatha 57 to 114 ml.

79. Terminelia chebula : Haritaki.
Parts used : Fruits.
Doses : Powder 1 to 1.5 gm.
Powder (Laxatives) 1 to 6 gm.
Kvatha 57 to 114 ml.

80. Terminelia belerica : Vibhitaki.
Parts used Fruits.
Doses : Powder 1 to 3 gm.

81. Tinspora cordifolia : Guduchi
Parts used : Whole plant and stem.
Doses : Kvatha 57 to 114 ml.
Powder 1 to 3 gm.
Satva 750 mg. to 2 gm.

82. Tribulus terestris : Gokshura
Parts used : Fruit and all parts of the plant.
Doses Swarasa 4 to 8 ml.
Kvatha 57 to 114 ml.
Powder 300 to 750 mg.

83. Uraria picta : Parisanparni.
Parts used : Whole plant, root.
Doses : Kvatha 57 to 114 ml.

84. Vetiveria zizeniodidis : Ushira
Parts used : Root
Doses : Powder 49 to 90 grs.
Dold infusion 2 to 4 ozs.
Arka 15 to 30 ml.

85. Vitex negundo : Nirgundi
Parts used : Leaves, root and seeds.
Doses : Swarasa 10 to 15 ml.
Root powder 1 to 3 gm.
Seeds powder 750 mg. to 1.5 gm.

86. Vitis venifera : Draksha
Parts used : Fruits.
Doses : According to digestive powder.

87. Withania somnifera : Ashvagandha.
Parts used : Root, leaves and shara.
Doses : Powder 3 to 6 gm.

88. Woodfordia fruticosa : Dhataki
Parts used : Flowers.
Doses : 1 to 3 gm.

89. Zingiber officinale : Snunthi
Parts used : Root stuff.
Doses : Swarasa 7 to 21 ml.
Powder 750 mg. to 1.5 gm.

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Dr. Sharma has been serving India, Ayurved and mankind while holding the following offices:—

1. Chairman–Council of State Boards & Faculties of Indian medicine, New Delhi.
2. General Secretary–All India Ayurved Congress, New Delhi.
3. Chairman–Bihar State Faculty of Ayurvedic and Unani Medicines, Patna.
4. President–Bihar State Drugs & Pharmaceutical manufacturers's Association, Patna.
5. General Secretary–Rajgir Budha Bihar Society
6. Member-Central Council of Indian Medicine, New Delhi.
7. Member–Central council of research in Indian medicine, Govt. of India, New Delhi.

Besides, being a big manufacturer and exporter of Ayurvedic medicines, Dr. Sharma devotes much of his time to academic persuits in the midst of his multifarious social and commercial engagements. As a matter of fact, he has enriched Ayurved by his valuable contribution entitled-"Banaushadhi Satak"–a publication giving an exhaustive and illustrative account of a hundred medicinal herbs. Many State Governments have conferred honorary awards on him for this excellent work.

To commemorate the sacred memory of his revered father, Late Ayurved Bibhuti, Pandit Ram Dayal Joshi, Dr. Sharma, established an Ayurvedic Research Centre at Patna with Dr. R.R. Pathak (Ex-Director of Bandarnaik Memorial International Ayurved Research Institute, Ceylon) as an honorary Director.

There is no denying the fact that the world of Ayurved, India and mankind in general entertain high hopes of Dr. D.P. Sharma.

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